



Massage Therapy – Essay Questions with TNMGRMU

1. Define massage therapy. Explain in detail the **classification of massage techniques** with suitable examples.
(TNMGRMU – Aug 2018)
2. Discuss the **physiological effects of massage** on the circulatory, muscular, and nervous systems.
(TNMGRMU – Feb 2019)
3. Enumerate the **mechanical principles of massage** and describe how they influence the application of strokes.
(TNMGRMU – Aug 2019)
4. Write in detail about **effleurage and petrissage techniques** with indications and contraindications.
(TNMGRMU – Feb 2020)
5. Explain the role of massage in the **management of oedema** with clinical examples.
(TNMGRMU – Aug 2020)
6. Describe the **therapeutic applications of massage** in musculoskeletal disorders such as sprains, strains, and fibrositis.
(TNMGRMU – Feb 2021)
7. What are the **contraindications of massage therapy**? Discuss with examples from clinical practice.
(TNMGRMU – Aug 2021)
8. Explain the **use of massage therapy in neurological conditions** such as Bell's palsy and peripheral nerve lesions.
(TNMGRMU – Feb 2022)
9. Describe **sports massage** – pre-event, inter-event, and post-event massage. Mention their goals and techniques.
(TNMGRMU – Aug 2022)
10. Write an essay on the **history and evolution of massage therapy** in physiotherapy practice.
(TNMGRMU – Feb 2023)