Tuina Therapeutics Exam Paper

Shanghai University of Traditional Chinese Medicine

Date of Exam:  
Time of Exam: 100min

Name_________________Student Number_____________Score__________

(Attention: The total paper consists of _______pages)

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Part One: Fill in the blanks (There are twenty blanks to be filled, each blank is worth 1 score)

1. The Front-Mu point of the stomach is:__________.

2. Irregular menstruation includes ________, ________, ________, ________. (3 forms)

3. In cases of facial neuritis, the tip of the mouth will be distorted to ________ side.

4. External humeral epicondylitis is commonly referred to ________
   
   Internal humeral epicondylitis is commonly referred to ________.

5. Headaches of internal causes can be classified to_______.
   
   ________, ________, ________, ________.

6. In the treatment of piriformis syndrome, the kneading on acupoint ________ is emphasized.

7. The initial presentation of carpal tunnel syndrome (CTS) is syndrome of compression.

8. Injury of the semilunar cartilages can cause apparent tenderness on the spot ________.

9. The general requirement in the process of child tuina manipulation is ________, ________, ________, ________. 

10. The fundamental function of tuina therapy is ________, ________, ________, ________, ________. (4 functions)
Part Two: True or False

(There are a total of 15 questions, each question is worth 2 score, there)

True or False

1. Asthma refers to shortness of breath, wheezing, difficulty to lie in supine position due to difficulty of breath. (   )

2. The case of stroke, if the wind hits the meridian and collaterals, the illness is in slight state without loss of consciousness. (   )

3. Facial Paralysis is equivalent to deviation of mouth and eyes in TCM. (   )

4. In treating insomnia with Tuina, rolling manipulation can be applied on the forehead. (   )

5. Short-sightedness (myopia) is equivalent to "being capable of seeing near objects and unable to see distant objects. (   )

6. Patients suffer from atrophic diseases should maintain physical activity of the four limbs to keep them from deformity. (   )

7. The lumbar disc that most likely to prolapse is the lumbar disc between the second and the third lumbar. (   )

8. One of the physical sign of piriformis syndrome is exacerbation of pain when straight leg raising at an angle of 60 degree. (   )

9. Olecranon bursitis is also referred to as "student elbow". (   )

10. Apparent tenderness spot in clearance of knee joint can be palpated in the injury of the semilunar cartilage. (   )

11. In the process of child Tuina, the strong stimulation manipulation is usually given in the last phase of the Tuina process. (   )

12. In cases of infantile myogenic torticollis, the face of the infant is slanted towards the affected side. (   )

13. The function of transporting the water into the earth is to strengthen the spleen and moistening dryness and purging excrement. (   )
14. Dysmenorrhea caused by Qi stagnation and blood stasis can be treated by rubbing the abdomen, rubbing BaLiao and kneading Pishu(BL20), Weishu(BL21) and Zusanli(ST36). (  

15. Kneading Pishu(BL20), Weishu(BL21) is effective in treating irregular menstruation caused by liver stagnation. (  

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Part Three: Single Choice Questions (There are a total of 20 questions, each is worth 1 score, there’s a total of 20 scores)

1. Which type of asthma does the syndrome suggest? Coldness of the limbs in the beginning phase, headache, stuffy nose with clear nasal mucus, followed by shortness of breath, chest distress, gurgling with sputum, clear and thin sputum, these syndromes usually occur in cold weather or other cold conditions, white tongue coating, floating pulse. (  
  A. Turbid phlegm obstructing the lung   
  B. Deficiency of Lung-Qi   
  C. Deficiency of both Lung and Spleen   
  D. Wind-cold attacking lung

2. Which type of headache does the syndrome suggest? Headache with swelling pain, feeling of spasm, dizziness, facial dry heat, redness of eyes and bitterness of mouth, variable mental states and easy irritation, syndromes often caused by mental stress. Other signs include red tongue, wiry pulse. (  
  A. Phlegm and turbid Qi attacking upwards.  
  B. Deficiency of Qi and Blood  
  C. Liver Yang attacking upwards.  
  D. Deficiency of Liver-Yin and Kidney-Yin

3. Which of the following manipulation is not applied in tuina treatment of dizziness? (  
  A. Yi Zhi Chan pushing  
  B. Pressing and kneading  
  C. Grasping  
  D. Pulling

4. Which of the following is not a treatment method for child constipation
A. Upward pushing of QiJieGu (Seven Section Bones)
B. Kneading shoulder Yang pool
C. Operating the internal Ba Gua(eight diagram)
D. Clearing the large intestine

5. In the ancient times, epigastric pain(pain below the heart) referred to:
A. Epigastric pain(stomach pain)   B. Chest stuffiness and pains
C. Hypochondriac pain               D. Abdominal pain.

6. Which are the methods for treating myopia?
A. Yi Zhi Chan (one finger) pushing manipulation and wiping manipulation
B. Yi Zhi Chan (one finger) pushing manipulation and rolling manipulation
C. Yi Zhi Chan (one finger) pushing manipulation and pointing manipulation
D. Yi Zhi Chan (one finger) pushing manipulation and plucking manipulation

7. Kneading ZuSanLi(ST36), DaChangShu(BL25), ZhiGou(SJ6), Quchi(LI11) can be applied to treat ___type of constipation
A. Deficiency of the Spleen and Qi
B. Qi stagnation of intestinal tract
C. Excess heat in intestinal tract
D. Deficiency of Yin and dryness of intestine

8. The painful arc of tendinitis of supraspinatus muscle is ___to ___ degree.
A 0–30   B 30–60
C 60–120  D 120–180

9. In clinical practice, positive Mill’s sign often indicates ________.
A. Carpal tunnel syndrome
B. Tennis elbow
C. Stenosing tenosynovitis of flexor tendon
D. Stenosing tenosynovitis of radial styloid
10. Which of the following is not the clinical sign of proliferous knee arthritis: (  )
   A. Pain caused by knee movement
   B. Apparent raise of skin temperature of knee joint area
   C. Snapping knee
   D. Arthroncus (Swelling knee)

11. In cases of piriformis syndrome, which nerve is being oppressed?
   (  )
   A. Nerve root of L5  B. Nerve root of S1
   C. Sciatic nerve trunk  D. Sciatic nerve root

12. In the Tuina treatment of third lumber vertebrae transverse foramen syndrome, which method is applied?
   A. Rotating manipulation of lumbar spine
   Posteriorly extending pulling manipulation of lumbar spine
   C. Oblique wrenching manipulation of lumbar spine.
   D. Kneading on the painful spots.

13. In the Tuina treatment of tennis elbow (external humeral epicondylitis), the kneading on which acupoint should be emphasized?
   (  )
   A. ZhouJian (extraordinary point) B. TianJing (SJ10)
   C. Zhou Liao (LI 12)  D. Qu Chi (LI 11)

14. In treatment of child enuresis caused by coldness and deficiency of Kidney, which method should be chosen? (  )
   A. Pushing San Guan (three gateways)  B. Repulsing six Fu-organs
   C. Da Ma Guo Tian He (Whip a horse across the sky river)
   D. Operating Ba Gua (eight diagrams)

15. Which type of singultus is this case according to the following signs?:
   Weak hiccups, difficult gasping, vomiting clear stomach fluid, distending pain in epigastria area,
pale complexion, coldness of hands and feet, poor appetite and sleepiness, white thin tongue coat and deep thready pulse.
A. Heat and dryness in the stomach
B. Pathogenic Cold stuck in the stomach
C. Qi stagnation and phlegm obstruction
D. Deficiency and exhaustion of healthy-Qi

16. In treatment of child nocturnal crying caused by fright and fretfulness, ___ method is chosen
A. Kneading ZhongWan(RN12)
B. Kneading YongQuan(KI 1)
C. Kneading XiaoTianXin(small TianXin)
D. Kneading BanMen

17. Which of the following method can be used to treat cold?
A. Yi Zhi Chan (one finger pushing) NeiGuan(PC 6), Kneading XiaGuan(ST 7)
B. Yi Zhi Chan (one finger pushing) ShouSanLi(LI 10), point-kneading FengLong(ST 40)
C. Kneading WaiGuan(SJ 5), rubbing ShenMen-HT 7)
D. Manipulating FengChi(GB 20), rubbing DaZhui(DU 14)

18. According to the symptoms and signs, which type of fever does the child have?
Tidal body temperature rising in the afternoon, feverish sensation in palms and soles, night sweating, little coating over the tongue, thready rapid pulse.
A. Fever caused by exogenous pathogens  B. Excessive Heat in lung and stomach
C. Summe-heat pathogens attacking  D. Fever caused by Yin deficiency

19. Tuina therapy of dysmenorrhea shall be applied ___ weeks before
menstruation.

A 1  B 1.5  C 2  D 2.5

20. Which type of dizziness do these syndromes and signs relate to?
   Dizziness and vertigo exacerbated by physical movements, pale
   complexion, sluggish looking,
   Lassitude, pale tongue color, thin and white tongue coating, weak
   pulse.
   A. Deficiency of Qi and Blood   B. deficiency of Kidney essence
   C. Liver-Yang attacking upwards  D. Phlegm-Turbid obstructing in the
   middle

Part Three. Multiple Choice (There are a total of 10 questions, each is
worth 1 score, there’s a total of 10 scores)

1. Epigastric pain and stomachache can be treated by (    )
   A. YiZhiChan (one-finger pushing) the epigastric area
   B. Rubbing the epigastric area
   C. Kneading ZhongWan(RN 12), QiHai(RN 6), TianShu(ST 25)
   D. Point-kneading QuGu(RN 2), TianTu(ST 25), WaiGuan(SJ 5)
   E. Manipulating JianJin(GB 21), FengChi(GB20), YongQuan(KI 1)

2. The Tuina treatment of facial paralysis may include: (    )
   A. YiZhiChan (one-finger pushing) the YinTang(significant extra point),
   TaiYang(significant extra point), SiBai(ST 2), JingMing(BL1)
   B. Manipulating FengChi(GB20),HeGu(LI 4)
   C. Thumb-rubbing superior and lower edge of the orbital cavity of eyes
   D. Thenar-kneading the forehead and the cheeks
   E. YiZhiChan (one-finger pushing) YingXiang(LI 20), XiaGuan(ST 7),
   JiaChe(ST 6), DiCang(ST 4)

3. Tuina treatment of trachyphonia and throat problems caused by
deficiency of lung and kidney can include: (    )
A. Kneading TianTu(RN 22), DaZhu(DU 14)
B. Kneading BaiHui(DU 20), YunMen(LU 2)
C. Point–kneading ZuSanLi(ST 36), FeiShu(BL 13)
D. Kneading RenYing(ST 9), ShuiTu(ST 9)
E. Kneading JiaJi points

4. In the Tuina treatment of cervical spondylopathy, ___ methods can be chosen? (    )
A. Stretching and elevating the neck
B. Rolling manipulation in the neck area
C. Rapping DaZhu(DU 14)
D. Kneading FengChi(GB 20)
E. Point–kneading BaiHui(DU 20)

5. Which physical positions can be applied in the Tuina treatment of scapulohumeral oeriarthritis? (    )
A. Half leaning position
B. Sedentary posture
C. Prone position
D. Position on uninjured side
E. Supine position

6. In the Tuina treatment of Stiffness of neck, which methods can be chosen? (    )
A. DaZhu(DU 14)
B. Kneading neck area
C. Pointing HeGu(LI 4)
D. Lifting and massaging neck area
E. Pointing NeiGuan(PC 6)

7. Rubbing can be used to treat:
A. Dyspepsia and indigestion
B. Abdominal distension
C. Asthma caused by excessive phlegm
D. Diarrhea
E. Enuresis

8. Which acupoints can be used to treat dysmenorrhea caused by deficiency of Qi and blood
A. FuLiu(KI 17)
B. XingJian(LR 2)
C. ZuSanLi(ST 36)
D. PiShu(BL 20)
E. DiJi(SP 8)

9. Which methods can be used to treat child diarrhea?
A. Kneading GuiWEi (turtle tail)
B. Rubbing the abdomen
C. Upward pushing QiJieGu (Seven Section Bones)
D. Rubbing the umbilical area
E. Kneading TianShu(ST 25)

10. Acupoints of __ meridians should be cleansed rather than tonified?
A. Liver meridian
B. Heart meridian
C. Spleen meridian
D. Lung meridian
E. Kidney meridian

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Part Five: Brief Question and answer (10 score)
Cervical spondylopathy of the nerve root type (main symptoms and Tuina treatment)
Case Analysis (10 Score)

Patient, Miss Sha, age 20. First visit: Oct. 16th, 2009

Chief complaint: Abdominal pain during menstruation for 2 years

History of the present illness: Two years ago, she had been caught in the rain during menstruation. Even since that, the patient has suffered from menstruation pain every month. She has experienced coldness in the lower abdomen and excessive pain. Lately, the abdominal pain has exacerbated. This month, the menstruation has just started, and patient has chilling pain in the lower abdomen with paroxysmal exacerbation. The pain is alleviated by warmth, the menstrual flow is scant, blood color is dark, blood clot is seen. The patient has a pale complexion, she has little appetite and cold hands and feet, her tong coat is white and smooth, her pulse is deep and tense.

Questions
1. Diagnosis (including Syndrome pattern differentiation)
2. The principal of Tuina treatment of this patient
3. The principal method of treating this patient (including acupoints, manipulations and operation)