



RK-10605

Seat No. _____

Final Year B. P. T. Examination

February - 2019

Physiotherapy In Musculoskeletal Conditions

Time : 3 Hours]

[Total Marks : 100

- Instructions :** (1) Write legibly
(2) Draw diagrams where necessary.
(3) Figures to the right indicate marks.

SECTION - I

- 1** Answer any **two** from the following : **20**
- (1) Write in detail about Physiotherapy management of a patient with adhesive capsulitis.
 - (2) Write in detail about Physiotherapy management of Rheumatoid arthritis.
 - (3) Write in detail about Wrist and Hand Rehabilitation after distal radius fracture.
- 2** Answer any **two** from the following : **10**
- (1) Special tests for sacroiliac joint pathology.
 - (2) Physiotherapy management for De Quervain's disease.
 - (3) Physiotherapy for shoulder hand syndrome.
- 3** Answer any **five** from the following : **10**
- (1) Orthosis for claw hand.
 - (2) Ergonomic advice for a patient with knee osteoarthritis.
 - (3) Trendelenberg's test.
 - (4) Special test for rotator cuff lesion.
 - (5) Mallet finger deformity.
 - (6) Describe in short-Isometric neck exercises.

4 Multiple Choice Questions :

10

- (1) A Physiotherapist is working in an outpatient orthopaedic clinic. During the patient's history the patient reports, "I tore 3 of my 4 rotator cuff muscles in the past." Which of the following muscles cannot be considered as possibly being torn?
- (A) Teres minor (B) Teres major
(C) Supraspinatus (D) Infraspinatus
- (2) A physical therapist is reviewing a patient's medical record. The record indicates the patient has limited shoulder flexion on the left. Which plane of movement is limited?
- (A) Horizontal (B) Sagittal
(C) Frontal (D) Vertical
- (3) There are different types of tractions utilized in clinical practice. Which type of traction is used if the tractive force applied to the patient is provided by a motorized or hydraulic pulley system that comes with weights attached through sling devices?
- (A) Manual traction
(B) Gravitational traction
(C) Autotraction
(D) Mechanical traction
- (4) A physical therapist is planning a treatment program for a patient who is recently diagnosed with lumbar spinal stenosis. The program would consist of conservative treatment modalities, including exercise and activity. Which of the following is least likely included in the exercise program?
- (A) Lumbar extension exercises
(B) Spinal flexion exercises
(C) Abdominal muscle strengthening
(D) Inclined treadmill testing

- (5) Compared to an individual who lives a sedentary lifestyle, a physically fit person usually demonstrates a different physiological profile. The following are the characteristic features of improved endurance except:
- (A) Greater muscle strength
 - (B) Better adaptation of circulation and respiration to effort
 - (C) Lower blood pressure on exercise
 - (D) Lower pulse rate on exercise
- (6) A physical therapist is observing a patient who is walking with crutches. The patient advances both crutches forward, and then swings both legs past the crutches at the same time. Based on the sequence, the patient is demonstrating which crutch gait?
- (A) Two-point crutch gait
 - (B) Swing-to crutch gait
 - (C) Swing-through crutch gait
 - (D) Tripod crutch gait
- (7) A physical therapist asks a female patient suspected of s1 nerve root compression to try walking on her toes. This test aims to check for muscle weakness. Walking on toes aims to tests which of the following muscles of the lower extremity?
- (A) Flexor digitorum longus
 - (B) Sartorius
 - (C) Semimembranosus
 - (D) Flexor digitorum brevis
- (8) The anterior deltoid originates from the lateral margin and superior surface of the acromion. It inserts into the deltoid tuberosity of the humerus. Which of the following is the correct action of the anterior deltoid?
- (A) It medially rotates, adducts and extends the glenohumeral joint
 - (B) It stabilizes the head of the humerus in the glenoid fossa
 - (C) It flexes the shoulder joint
 - (D) It flexes the glenohumeral joint and rotates the joint medially

- (9) A male elderly who had a recent total knee replacement is ordered an assistive device that aims to help him with his balance and walking. Which of the following ambulatory assistive devices can give the patient the most stability?
- (A) Quad cane
 - (B) Walker, standard
 - (C) Forearm crutches
 - (D) Knee-support crutches
- (10) A patient who is recently diagnosed with glenohumeral dislocation is referred to the clinic for physical therapy. Which of the following interventions is the most appropriate for the patient during the acute phase?
- (A) Elbow, wrist, and hand range of motion during immobilization
 - (B) Shoulder pendulum exercises
 - (C) Overhead pulley system for the shoulder
 - (D) Rotator cuff strengthening exercises

SECTION - II

- 1 Answer any **two** from the following : **20**
- (1) Write in detail about post-operative Physiotherapy management after patellar fracture.
 - (2) Write in detail about assessment of gait parameters.
 - (3) Write in detail about physiotherapy management after supracondylar fracture in children.

- 2** Answer any **two** from the following : **10**
- (1) Write a note on Thoracic outlet syndrome.
 - (2) Write a note on planter fasciitis.
 - (3) Write a note on locking and unlocking of Knee joint.
- 3** Answer any **five** from the following : **10**
- (1) Grades of tenderness.
 - (2) Grade 3 manual muscle testing for shoulder flexors.
 - (3) Origin and insertion of trapezius muscle.
 - (4) Ober's test.
 - (5) Enumerate clinical features of carpal tunnel syndrome.
 - (6) Difference between closed kinematic and open kinematic exercise.
 - (7) Etiology of tennis elbow.
 - (8) Postural deviations in torticollis.
 - (9) Types of power grasp.
 - (10) Normal range of wrist movements.
- 4** Multiple Choice Questions : **10**
- (1) Ape thumb deformity is seen in
 - (A) De quervain's disease
 - (B) Median nerve injury
 - (C) Dupuytren's contracture
 - (D) Trigger thumb
 - (2) Green stick fracture most commonly is seen in
 - (A) Females
 - (B) Adults
 - (C) Children
 - (D) Elderly

- (3) Saturday night palsy involves _____
- (A) Axillary nerve
 - (B) Radial nerve
 - (C) Suprascapular nerve
 - (D) Sciatic nerve
- (4) All of the following are common activity limitations related to elbow and forearm complex except
- (A) Difficulty turning a doorknob or key
 - (B) Making a fist
 - (C) Restricted hand-to-mouth activities for eating and drinking
 - (D) Inability to carry objects with a straight arm
- (5) Which of the following is most appropriate Physiotherapy management guideline for soft tissue lesions in subacute phase?
- (A) Progression of exercises that safely stresses the maturing connective tissue in terms of both flexibility and strength, so the patient can return to functional activities.
 - (B) Aerobic exercises.
 - (C) Initiate and progress non-destructive exercises and activities (exercises and activities that are within the tolerance of the healing tissues which can respond without or inflammation)
 - (D) To control the effects of inflammation, facilitate wound healing and maintain normal function in unaffected tissues and body regions.
- (6) Dennis brown splint is used for treatment of
- (A) Congenital dislocation of hip
 - (B) Congenital talipes equinovarus
 - (C) Genu recurvatum
 - (D) Shoulder dislocation

- (7) Which of the following is not an appropriate goal during maximum protection phase for nonoperative management of medial collateral ligament injury in knee joint ?
- (A) Protect healing tissues
 - (B) Decrease joint effusion
 - (C) Establish home exercise program
 - (D) Improve dynamic stability
- (8) In which of the following movements there is contribution of anterior deltoid, coracobrachialis and pectoralis major muscles?
- (A) Shoulder abduction
 - (B) Shoulder horizontal adduction
 - (C) Shoulder external rotation
 - (D) Shoulder protraction
- (9) Rickets occurs due to deficiency of Vitamin
- (A) A
 - (B) D
 - (C) E
 - (D) K
- (10) Which of the following muscles is referred to as the corset muscle owing to its primary function of increased abdominal pressure?
- (A) Splenius capitis
 - (B) Erector spinae
 - (C) Transversus abdominis
 - (D) Quadratus lumborum