

# Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.P.T. Degree Examination - 10-Mar-2021

Time: Three Hours

Max. Marks: 100 Marks

## ORTHOPAEDICS AND SPORTS PHYSIOTHERAPY (RS3 & RS4) Q.P. CODE: 2717

Your answers should be specific to the questions asked.

Draw neat labeled diagrams wherever necessary.

### LONG ESSAYS (Second Question Choice)

2 x 10 = 20 Marks

1. Discuss briefly the treatment protocol following Total hip replacement (cemented prosthesis) for a 50-year-old obese lady.
2. Describe the physiotherapy assessment and management of a 20-year-old boy who has a right sided thoracolumbar scoliosis which is postural in nature (grade-1).

OR

Write in detail postoperative assessment for a mid-thigh level amputation case and physiotherapy treatment regimen for the same.

### SHORT ESSAYS (Question No 3 & 12 choice)

10 x 5 = 50 Marks

3. Physiotherapy management for a pressure sore over posterior aspect of calcaneum.

OR

Prescribe a home program for a 60-year-old lady who has bilateral tibio femoral and patella femoral arthritis.

4. Mention the physiotherapy treatment guidelines for a soft tissue injury at medial aspect of elbow of a javelin thrower in sub acute phase of the injury.
5. What is genu valgum? Mention both short and long-term physiotherapy treatment.
6. Discuss the physiotherapy management for shoulder anterior dislocation.
7. Physiotherapy management of intercondylar fracture of femur orthopaedically treated with internal fixator.
8. Discuss briefly rehabilitation principles of a 30-year-old male computer engineer who adopted a forward neck and shoulder posture because of working conditions.
9. Mention physiotherapy management for an enthusiastic football player sustained an inversion injury at ankle, and wants to be back on field as soon as possible.
10. What is supraspinatus tendinitis? Mention a confirmatory test for it along with a detail assessment for the condition.
11. Discuss the physiotherapy principles of a patient diagnosed with acute rheumatoid arthritis.
12. What is arthrodesis? Comment on rehabilitation of a shopkeeper who had undergone a right sided glenohumeral arthrodesis.

OR

What is myositis ossificans? What are the precautions a physiotherapist should take to avert this complication?

### SHORT ANSWERS

10 x 3 = 30 Marks

13. Hoffa syndrome.
14. Q angle - significance.
15. Retrolisthesis of vertebrae.
16. Concave convex rule.
17. Sacralization.
18. Thomas test - Technique.
19. Closed pack position of a joint.
20. Pes cavus- any two exercises.
21. Hammer toes - Causes.
22. Difference between swelling and effusion.