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Fourth B.P.TH. (2012) Examination, Summer
(Phase - III : All Other Remaining UG/PG Courses) - 2020
MUSCULOSKELETAL PHYSIOTHERAPY

Total Duration : 3 Hours

Total Marks : 80

SECTION - A & SECTION - B

- Instructions :**
- 1) Use **blue/black** ball point pen only.
 - 2) **Do not** write anything on the **blank portion of the question paper**. If written anything, such type of act will be considered as an attempt to resort to unfair means.
 - 3) **All questions are compulsory.**
 - 4) The number to the **right** indicates **full marks**.
 - 5) Draw diagrams **wherever** necessary.
 - 6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
 - 7) Use a common answer book for all sections.

SECTION - A SAQ(50 Marks)

- I. Short answer question (**any five** out of six) : **[5 × 3 = 15]**
- a) State any three tests to find capsule as a source of symptom.
 - b) Define end feel and state any two abnormal end feels.
 - c) State complications following Colles' fracture.
 - d) State principles of Mulligan's Mobilization.
 - e) State any two differences between somatic referred pain and radicular pain.
 - f) Define "Dysfunction Syndrome" of McKenzie.

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[5 × 7 = 35]

2. Short answer question (**any five** out of six) :

- Discuss physiotherapy interventions for a patient with total knee replacement arthroplasty in the minimum protection phase.
- Discuss exercise program with rationale for a patient with "Forward Head Posture".
- PT management of flexor tendon injury.
- Discuss pain relieving modalities for a patient with low back pain.
- Explain Maitland's joint mobilisation with reference to three stages of tissue healing.
- Explain importance of restoring pronation and supination movements required during gait cycles.

SECTION - B LAQ(30 Marks)

3. Long answer question (**any one** out of two) :

[1 × 15 = 15]

- Arpit, 25 years, manual labourer by occupation gives a history of lifting heavy weight 3 weeks back and has been referred to Physiotherapy department. His pain rated on VAS is 6/10 in the low back radiating to the (Rt) lower limb up to the thigh only with forward bending activity. His pain at rest is 2/10 and on flexion movement is 5/10. MRI investigations show prolapse intervertebral disc at L4 and L5 level indenting L4 nerve root. He also has a sway back posture. SLR test is negative. He is married and has two daughters and sole earning member of the family.

State mobility and muscle length and strength impairments. Plan the short term & long term goals. Discuss exercise program and ergonomics for this patient with rationale.

[5 + 5 + 5]

- 40 year old Sudha, is a widow, working as tailor, comes with a complaint of pain in the joints of finger and hand bilaterally especially during morning hours since 1 month. There is warmth and swelling present around the joints and she has painful ROM. VAS is 6/10 and has weak grip. On Xray, abnormal bone erosion is seen and is diagnosed as Rheumatoid Arthritis. She lives alone with her son who is a student.

Based on the above information, State Disability as per ICF. Discuss short term and long term goals with interventions.

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[1 × 15 = 15]

4. Long answer question (any one out of two) :

- a) Soham is 24 years old state level bowler and working in a bank comes to physiotherapy OPD with a complaint of shoulder pain. His pain on VAS is 6/10. His anterior apprehension test and Jobe's relocation test came positive. Rotator cuff muscles are weak and scapula stabilizers are weak. Because of these he has not played for 1 month and worried for his practice.

Based on the above information, state possible structural impairments leading to functional impairments, activity limitations and participation restriction. Explain the contextual factors influencing his disability. Plan short term goals and an exercise program to restore him back to his preinjury status.

[5 + 2 + 8]

- b) Rama, 65 year old postmenopausal housewife is referred to Physiotherapy department with a diagnosis of Osteoarthritis of knee. She complains of pain rated on VAS as 0 at rest, during flexion movement 3/10 and during toilet activities 6/10. She has an Indian toilet at home and stays alone on second floor.

Based on the above information, state the possible impairments leading to her activity limitation. State environmental factors affecting her participation. Plan short term and long term goals with interventions.

[5 + 2 + 8]

