



**LONG ESSAY**

**2 X 20 = 40 Marks**

1. AN 8 year old female child wants to pursue a career in gymnastics. How will you prepare her physical fitness programme
2. A 30 year old man professional carrom player. Chronic alcoholic underwent excision arthroplasty of the hip 1 week back. Plan his short term and long term P.T. management

**SHORT ESSAY**

**6 X 10 = 60 Marks**

3. What is mechanical insufficiency of quadriceps muscles? What therapeutic measures will be undertaken to overcome it?
4. What are different types of crutches you know of ? Discuss various orthopedic crutch gaits with pre crutch training programme
5. Principles of physiotherapy management in anterior cruciate ligament reconstruction
6. Discuss different soft tissue mobilization techniques
7. Discuss "End feel" in detail
8. Discuss pathomechanics involved in ulnar nerve palsy in hand

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