

# Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.P.T. Degree Examination - April-2014

Time: Three Hours

Max. Marks: 100 Marks

## ORTHOPAEDICS & SPORTS PHYSIOTHERAPY (RS-3 & RS-4)

**Q.P. CODE: 2717**

Your answers should be specific to the questions asked  
Draw neat labeled diagrams wherever necessary

### LONG ESSAYS (Answer any Two)

**2 x 10 = 20 Marks**

1. Describe the different stages in Intervertebral disc degeneration with physical therapy management of cervical spondylosis.
2. What are the indications of total hip arthroplasty(THR) with physiotherapy management of THR?
3. Describe various methods to train aerobic and anaerobic systems.

### SHORT ESSAYS (Answer any Twelve)

**12 x 5 = 60 Marks**

4. Formulate physiotherapy treatment following total knee replacement.
5. Describe the Physiotherapy management for patients with shoulder instability.
6. Describe the management of patient with carpal tunnel syndrome.
7. What are the different levels of amputation in lower limb?
8. How would you tape for chondromalacia patella as per patella's various malalignment?
9. Classify scoliosis with the management for idiopathic type.
10. What are causes for spinal fracture with emphasis on Physiotherapy management for T<sub>10</sub> level?
11. What are the gait deviations observed in scissoring gait?
12. Write the assessment of a 38 year old painter with lateral epicondylitis.
13. Describe the physiotherapy management for supraspinatus tendonitis.
14. Explain the three pain syndromes of McKenzie's concept.
15. What are the various ways to intervene for anaesthetic hand in hansen's disease?
16. What are the causes of spondylolisthesis? Write exercise prescription for spondylolisthesis.
17. What are the predisposing factors to osteoporosis? Write in brief the importance of exercise in osteoporosis.

### SHORT ANSWERS

**10 x 2 = 20 Marks**

18. Riser's sign
19. Bryant's triangle
20. Barton's fracture
21. Kernig's sign
22. Significance of 'Q' angle
23. Energy conservation technique
24. Intrinsic plus deformity
25. Hoffa's syndrome
26. Principles of plyometrics
27. Roos test

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