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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) :

- a) Discuss physiotherapy interventions for a patient with total knee replacement arthroplasty in the minimum protection phase.
- b) Discuss exercise program with rationale for a patient with "Forward Head Posture".
- c) PT management of flexor tendon injury.
- d) Discuss pain relieving modalities for a patient with low back pain.
- e) Explain Maitland's joint mobilisation with reference to three stages of tissue healing.
- f) 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]

- a) 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]

- b) 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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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]





Fourth B.P.T.H. (2012) Examination, Summer - 2021
MUSCULOSKELETAL PHYSIOTHERAPY

Total Marks : 80

Total Duration : Section A + B = 3 Hours

SECTION - A & Section-B

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SECTION-A SAQ (50 Marks)

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

[5 × 3 = 15]

- a) Write 3 clinical features of Perthes disease.
- b) Write Pathomechanics of boutonniere deformity.
- c) State Orthosis used in high ulnar nerve palsy.
- d) Enumerate any 3 indications of Total knee replacement.
- e) Write Clinical features of grade 3 lateral ankle ligament sprain.
- f) State pathological difference in osteoarthritis and rheumatoid arthritis.

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

[5 × 7 = 35]

- a) Discuss physiotherapy management of 'Volkmann's ischemic contracture'.
- b) Discuss functional impairments and physiotherapy management for plantar fasciitis.
- c) Discuss physiotherapy management of grade two rotator cuff tear.

- d) Discuss the different grades of Maitland mobilization technique with respect to joint reactivity and stage of tissue healing.
- e) Discuss assessment and Physiotherapy management for left thoracic postural scoliosis.
- f) Differentiate between neurogenic and vascular claudication.

SECTION-B LAQ (30 Marks)

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

[1 × 15 = 15]

a) A 62 years old retired air marshal underwent right side THR 1 week back. He gives history of AVN on the same side post TCNF fracture. He has duplex flat and need to climb 4 stairs. He runs an NGO for orphans. Discuss ICF along with short term & long term physiotherapy management.

[5+10]

b) A 48 years old software engineer complains of severe neck pain radiating to right upper extremity since 7 days. He is also complaining of tingling in lateral 2 fingers. Write down probable differential diagnosis with ICF and clinical reasoning along with physiotherapy management.

[5+10]

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

[1 × 15 = 15]

a) A 35 year old road traffic inspector met with an accident. He suffered from patella fracture of RT knee. Fracture was surgically managed by TBW 3 weeks back. Discuss ICF and PT management.

A 30 year old machine operator, met with an accident while working in ice factory. He is operated for FTI (zone 2) middle two fingers 1 week back. Discuss ICF along with physiotherapy management with clinical reasoning

[5+10]

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Fourth B.P.T.H. (2012) Examination, Phase - II Summer - 2022
MUSCULOSKELETAL PHYSIOTHERAPY

Total Duration : 3 Hours

Total Marks : 80

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SECTION "A" SAQ (50 Marks)

1. Short answer question (any five out of six) : [5 × 3 = 15]
 - a) Define Painful arc syndrome.
 - b) Enumerate any 3 differences between open and closed chain exercises.
 - c) Three indications for Taping.
 - d) Mention 3 impairments in a patient with plantar fasciitis.
 - e) Define Lower crossed syndrome.
 - f) Enumerate 3 dysfunctions of temporomandibular joint.

2. Short answer question (any five out of six) : [5 × 7 = 35]
 - a) Structural and functional limitations in young patient with Ankylosing Spondylitis.
 - b) Physiotherapy management of unilateral Carpal Tunnel Syndrome.

- c) Indications and contraindications for applying Manual Therapy.
- d) Physiotherapy management of acute Tennis elbow.
- e) Write physiotherapy management during maximal and moderate protection phase post total knee replacement surgery.
- f) Explain in detail outcome measures used to assess pain.

SECTION "B" LAQ (30 Marks)

3. Long answer question (any one out of two) : [1 × 15 = 15]
- a) A 30 year old, sportsman playing recreational badminton suffers from anterior rotator cuff muscles strain, on right side. Plan long term and short goals and physiotherapy management in details. [7 + 8 = 15]
 - b) A 50 year old farmer had below knee amputation of left leg following gangrene. Plan short term, long term goals & Physiotherapy management. [5 + 10 = 15]
4. Long answer question (any one out of two) : [1 × 15 = 15]
- a) A 25 year old farmer had a fall from tree and suffered L1 vertebral fracture, for which he has been operated with pedicular screws and referred for physiotherapy. Plan short term, long term goals & Physiotherapy management. [5 + 5 + 5 = 15]
 - b) A 48 year old woman, housemaid, complains of insidious onset of pain in the right shoulder joint and diagnosed as periarthrititis of the shoulder. She is also a known case of diabetes mellitus. Discuss functional diagnosis with clinical reasoning and management. [7 + 8 = 15]



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Fourth B.P.T.H. (2012) Examination, Summer - 2023 (Phase - III)
MUSCULOSKELETAL PHYSIOTHERAPY



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Total Duration : 3 Hours

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SECTION - "A" SAQ (50 Marks)

1. Short answer question (any five out of six) : [5 × 3 = 15]
 - a) Enumerate red flags and yellow flags signs.
 - b) Write components of slump test.
 - c) Orthotic prescription for pes planus.
 - d) Trendelenburg's sign.
 - e) Pathomechanics of swan neck deformity.
 - f) Enumerate causes of painful arc syndrome.

2. Short answer question (any five out of six) : [5 × 7 = 35]
 - a) State indications and contraindications of taping. Describe any 1 taping technique for plantar fasciitis.
 - b) Describe structural impairments in sway back posture and Discuss Physiotherapy management for the same.
 - c) Discuss Physiotherapy management for grade 2 hamstring strain for national level athlete.
 - d) Discuss functional impairments of Infantile Torticollis and discuss physiotherapy management.
 - e) Discuss structural impairments and physiotherapy management of grade one Avascular necrosis of femoral head in 40 years old carpenter.
 - f) Physiotherapy management of Myositis ossificans post supracondylar fracture in 8 years old child.

SECTION - "B" LAQ (30 Marks)

3. Long answer question (any one out of two) : [1 × 15 = 15]

a) 25 years old male complains of buttock pain since 2 months. He also complains of lower back stiffness which lasts for more than 50 minutes. His blood investigations show positive HLA B27. He works as a clerk in bank. Discuss functional diagnosis along with physiotherapy management with clinical reasoning. [5 + 10 = 15]

b) 59 years old housemaid complains of bilateral knee pain (Rt>Lt) since 6 years. She has difficulty in climbing stairs and sitting cross legged. She is a sole earning member of family of 4. Recently she has stopped working because of knee pain. Discuss ICF along with Physiotherapy management. [5 + 10 = 15]

4. Long answer question (any one out of two) : [1 × 15 = 15]

a) 62 years old male underwent right sided Bipolar hemi arthroplasty after trans cervical neck femur fracture 3 wks back. Discuss dos and donts. Discuss short term and long term goals along with physiotherapy management. [5 + 5 + 5 = 15]

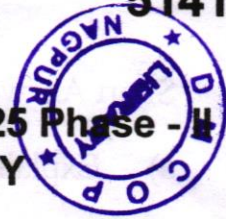
b) A 27 years old national level cricketer had episodes of recurrent shoulder dislocation of right shoulder for which bankart's operation was done 4 days back. He wants resume his game at the earliest. Discuss ICF along with physiotherapy management. [5 + 10 = 15]



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Fourth B.P.TH. (2012) Examination, Summer - 2025 Phase - II
MUSCULOSKELETAL PHYSIOTHERAPY

Total Duration : 3 Hours

Total Marks : 80

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SECTION - A (SAQ) (50 Marks)

1. Short Answer Questions (Solve **any 5** out of 6) : [5×3=15]

- a) Write a note on open and closed chain exercises.
- b) Three uses of cervical collar.
- c) Write a note on coxa vara and coxa valga.
- d) What is Q-angle?
- e) Explain grades of ligament sprains.
- f) Write a short note on normal end feel.

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P.T.O.

2. Short Answer Questions (Solve any 5 out of 6) :

[5×7=35]

- a) Explain pain management after below knee amputation.
- b) Explain use of Slum test and its testing procedure.
- c) Explain rationale and procedure for balance training after ankle injury.
- d) Explain pain management for adhesive capsulitis.
- e) Explain strengthening exercises for mechanical neck pain.
- f) Short term physiotherapy management after L1 spinal compression fracture.

SECTION - B (LAQ) (30 Marks)

3. Long Answer Questions (Solve any 1 out of 2) :

[1×15=15]

- a) 40 years old female, living single, having back pain since 8 days. Pain is 7/10 on VAS, she complains of pain during all activities of daily. She has history of heavy weight lifting 8 days back. She has tingling numbness in right lower limb along with weakness in foot and ankle muscles, her MRI shows posterolateral disc bulge at L4-L5 level. She is hypertensive with diabetic and worried for her recovery. Based on above information.

Explain Functional diagnosis with clinical reasoning. [5]

Plan short term and long term physiotherapy management. [10]

- b) A 45 year old male patient has undergone left IM nailing for fracture tibia shaft before 8 days. Patient complains of pain (7/10 VAS) and restricted range of motion at knee, Hip and ankle, swelling is present on lateral aspect of knee and Ankle joint. MMT of Left LL muscle is 4/5 except quadriceps and hamstrings which were 3/5. He is financially stable and has caring family. She has uncontrolled diabetes and recently diagnosed with High Blood pressure. Based on the above information.

Explain function diagnosis with clinical reasoning. [5]

Plan short term and long term Physiotherapy Management. [10]

4. Long Answer Questions (Solve any 1 out of 2) : [1×15=15]

- a) 28 years old female is a fast bowler in state level cricket team presents with right shoulder pain 5/10 on VAS, clunk and weakness while playing with no history of shoulder injury in past. Her scapular and core muscle are weak (4/5). Anterior Apprehension Test is positive, she is fearful to bowl and looking for upcoming comitative event scheduled within 8 months. Based on above information.

Explain Functional diagnosis with clinical reasoning. [5]

Plan short term and long term Physiotherapy Management. [10]

- b) A 60 year old male retired government servant had sustained distal end radius fracture on right side which was managed conservatively with plaster cast for 6 weeks. At clinic he presents with complaints of stiffness of wrist, hand and radio ulnar joint, weakness of forearm muscles. Pain (6/10 on VAS) is with of upper extremity. He is right hand dominant, obese and diabetic which is under control. Based on above information.

Explain Functional diagnosis with clinical reasoning. [5]

Plan short term and long term Physiotherapy Management. [10]

