

TILAK MAHARASHTRA VIDYAPEETH, PUNE
BACHELOR OF PHYSIOTHERAPY (B. P. T.)
EXAMINATION : JUNE - 2021
FOURTH YEAR

Subject: Physiotherapy in Orthopedics (BPT -401)

Date: 01/06/2021

Total Marks: 80

Time: 10.00 am to 1.00 pm

Instructions:

1. To answer the Multiple Choice Questions (MCQs) use separate answer sheet provided by the University.
2. For answering the Multiple Choice Questions (MCQs) put the tick mark in the respective column.
A. B C D
3. Multiple Choice Questions (MCQs) are to be solved within first 20 minutes of the session.
4. Return your answer sheet of Multiple Choice Questions (MCQs) when first 20 minutes' time is over.

SECTION – A

Q.1 Select most appropriate option. (20)

- 1) When two or more joint muscle cannot fully elongate on all the joints simultaneously, this is known as
a) Active insufficiency b) Isokinetic contraction c) Passive insufficiency d) Eccentric contraction
- 2) Detraining, which is reflected by reduced muscle performance due to irregularity in muscle training is _____ principle.
a) Overload principle b) SAID principle c) Reversibility principle d) Endurance principle
- 3) The nerve involved in carpal tunnel syndrome is -
a) Median b) Ulnar c) Radial d) Axillary
- 4) Patient feels comfortable and pain free while bending forward is known as-
a) extension bias b) flexion bias c) non-weightbearing bias d) depends on BMI of patient
- 5) Flexion of sacrum is known as-
a) Sacral nutation b) Sacral counternutation c) Pelvic hike d) Posterior pelvic tilt
- 6) Mallet finger is due to rupture of -
a) Flexion Digitorum Profundus b) collateral slip of extensor expansion c) central slip of extensor expansion d) volar plate
- 7) A physical therapist performs MMT for Medial Rotators of shoulder. Which muscle won't be involved in this test?
a) Subscapularis b) Teres Major c) Infraspinatus d) Latissimus Dorsi
- 8) Fracture shaft of humerus is associated with -
a) axillary nerve injury b) radial nerve injury c) brachial plexus injury d) median nerve injury
- 9) Contraindications for resistance training exercises are all EXCEPT
a) Inflammation b) Severe cardiopulmonary disease c) Muscle Weakness d) Pain
- 10) During motion of humeroulnar articulation flexion, the ulnar surface rolls -
a) anteriorly b) posteriorly c) medially d) laterally
- 11) Surgical instrument used to correct scoliosis surgically is -
a) Dynamic Hip Screw b) Harrington rod c) Intramedullary nailing d) K-wire
- 12) Protrusion with complete rupture of annulus allowing nucleus to bulge in the neural canal is referred as -
a) herniation b) extrusion c) sequestration d) canalization

- 13) The most common site for compression of the ulnar nerve is in -
 a) Carpal tunnel b) Guyon's canal c) Hunter's canal d) sinus tarsi
- 14) L2 nerve root exits from -
 a) L1-L2 b) L2-L3 c) L3-L4 d) L4-L5
- 15) -1.0 or higher T score in bone health is
 a) Severe b) Osteoporosis c) Osteopenia d) Normal
 osteoporosis
- 16) In Golfer's elbow, the inflammation and tenderness are over -
 a) Medial styloid b) Lateral styloid c) Medial epicondyle d) Lateral epicondyle
- 17) Syndesmophytes are seen in
 a) Knee OA b) Frozen shoulder c) Rheumatoid arthritis d) Ankylosing Spondylitis
- 18) In Genu Varum due to osteoarthritis, the _____ compartment space will be reduced
 a) Medial b) Lateral c) Superior d) Inferior
- 19) In TKR with cemented fixation, partial weight bearing is allowed -
 a) immediately after surgery b) 2-4 weeks after surgery c) 3-6 weeks after surgery d) 6-8 weeks after surgery
- 20) Mobilization with movement is a technique developed by -
 a) Butler b) Maitland c) Mulligan d) McKenzie

SECTION – B

Q.2 Write short notes on (Any Five) (15)

- 1) Myositis Ossificans
- 2) Explain Swan-neck and Boutonniere deformity
- 3) Write a note on scoliosis
- 4) Write a note on plantar fasciitis
- 5) Contraindications of total hip arthroplasty
- 6) Pre-patellar bursitis

Q.3 Write short notes on (Any Three) (15)

- 1) Write a note on McKenzie syndromes
- 2) Post-surgical physiotherapy management of fracture shaft femur from post-operative day 1 (intra-medullary nailing)
- 3) Describe ankylosing Spondylitis and its management
- 4) Thoracic Outlet Syndrome

SECTION – C

Q.4 A 59 year old male had a history of low back pain since past 4 months after he had lifted water bucket. The pain has gradually increased and recent MRI shows L5-S1 disc prolapse. He also complains of tingling numbness till great toe of his left foot. On examination, he had been found to have extension bias pain behavior. Write down short- and long- term goals along with detailed management of the same. Also, add a note on lower quadrant myotomes. **(15)**

Q.5 A recreational footballer fell during a football game and got his left knee injured. On examination, Lachman test was positive. He was given conservative treatment for the ligament injury. Write down provisional diagnosis with the name of the ligament injured. Also, write the PT management for the same. **(15)**

OR

Q.5 A 30 year old male patient underwent Bankart's repair for anterior dislocation of right shoulder after a road traffic accident. Write in detail about the rehabilitation protocol after surgical repair. Also add a note on exercise PRECAUTIONS after Surgical Anterior Glenohumeral Stabilization (Bankart's repair).