

TILAK MAHARASHTRA VIDYAPEETH, PUNE
BACHELOR OF PHYSIOTHERAPY (B. P. T.)
EXAMINATION : NOVEMBER - 2023
FOURTH YEAR

Subject: Physiotherapy in Orthopedics (BPT - 401)

Date: 21/11/2023

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) Most vulnerable position for shoulder dislocation is.....
 - a) Flex, add, internal rotⁿ
 - b) Flex, abd, external rotⁿ
 - c) Ext, add, internal rotⁿ
 - d) Ext, abd, external rotⁿ
- 2) Pannus formation is usually seen in.....
 - a) Osteoarthritis
 - b) Rheumatoid arthritis
 - c) Ankylosing spondylitis
 - d) Gouty arthritis
- 3) Klumpke's paralysis results from compression or stretching ofnerve roots.
 - a) C₅, C₆
 - b) C₈, T₁
 - c) C₆, C₇
 - d) C₇, C₈
- 4) All are causes of scapular Dyskinesia **except**
 - a) Thoracic kyphosis
 - b) Long thoracic nerve palsy
 - c) Stability in acromioclavicular joint
 - d) Altered muscle activation patterns
- 5) A positive "Empty can" test indicates tear of..... muscle or tendon.
 - a) Infraspinatus
 - b) Subscapularis
 - c) Serratus anterior
 - d) Supraspinatus
- 6) All are clinical signs and symptoms of Delayed-Onset Muscle Soreness **except**
 - a) Increased ROM during the time course of muscle soreness.
 - b) Tenderness on palpation through involved muscle belly.
 - c) Increased soreness with passive lengthening or active contraction of muscle.
 - d) Aching beginning 12 to 24 hours after exercise.

- 7) Resistance training is contra-indicated in following conditions **except**
- a) Spasticity b) Severe pain c) Acute Inflammation d) Severe cardio-pulmonary disease
- 8) In most adult humans the Centre of gravity is located slightly anterior to the..... vertebra..
- a) L₅ b) S₂ c) S₁ d) S₃
- 9) Pain occurring only when the newly developed tissue is stressed beyond its tolerance is characteristic of phase of soft tissue healing.
- a) Acute stage b) Sub-acute stage c) Chronic stage d) Chronic inflammation
- 10) Glenohumeral caudal glide increases..... movement.
- a) Adduction b) Flexion c) Abduction d) Extension
- 11) When a load is applied for an extended period of time, the tissues elongates, and does not return to its original length. This characteristic of connective tissue is called as.....
- a) Creep b) Elastic range c) Plastic range d) Toe region
- 12) Concentrically contracting triceps for restricted elbow extension ROM belongs to..... PNF stretching technique.
- a) Hold relax b) Contract relax c) Hold relax with agonist contraction d) Agonist contraction
- 13) Muscles supplied by Median nerve are all **except**
- a) Flexor carpi radialis b) Flexor carpi ulnaris c) Flexor pollicis longus d) Palmaris longus
- 14) Cobb's angle is measured for diagnosing..... condition.
- a) Ankylosing Spondylitis b) Scoliosis c) Lordosis d) PIVD
- 15) All statements are true for postural muscles **except**
- a) Predominantly postural function. b) Associated with flexor reflexes. c) Primarily one-joint muscles. d) Resistance to atrophy.
- 16) Trendelenburg's sign indicates weakness in muscle.
- a) Gluteus medius b) Iliotibialband c) Rectus femoris d) Adductor longus
- 17) Foot drop results in type of gait.
- a) High steppage gait b) Waddling gait c) Circumduction gait d) Antalgic gait
- 18) Phalen's test is used for diagnosing..... condition.
- a) Ulnar nerve palsy b) Carpal tunnel syndrome c) Ruptured flexor digitorum tendon d) Extensor hood rupture
- 19) For neurological dysfunction in the lumbar spine the following tests are done **except**
- a) Cross straight leg raise test b) Prone segmental instability test c) Prone knee bending test d) Slump test

20) Hip flexion has normal endfeel of.....

- a) Tissue stretch b) Bone to bone c) Tissue approximation d) Empty

SECTION – B

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

- 1) Foraminal compression and distraction test.
- 2) Hamstring strain
- 3) Osgood schalter syndrome
- 4) Bicipital tendinitis
- 5) Tests for Anterior shoulder instability tests any 3.
- 6) Lateral epicondylitis

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

- 1) Write about Rheumatoid arthritis and its PT management.
- 2) Describe Proximal humerus fracture and PT management for the same.
- 3) Explain in detail patella femoral pain syndrome and PT management for the same.
- 4) Write about scoliosis and PT management for the same. Also add a note on surgical corrections for scoliosis.

SECTION – C

Q.4 A 28 years old male, sales person by occupation experienced a sharp pain in his low back while travelling. Came to physiotherapy clinic with intermittent pain in right leg while sitting and bending. Give functional diagnosis, ICIDH2 and PT management for the same. (15)

Q.5 A 21 years old male badminton player has been diagnosed with grade III ACL tear. Explain in detail the Post operative PT management of grade III ACL tear with a note on mechanism of injury. (15)

OR

Q.5 A 45 years old clerk underwent total hip arthroplasty (left side) with cemented bipolar femoral prosthesis. The patient had history of avascular necrosis of left hip joint since 1 year. Write functional diagnosis, ICIDH2 and PT management for the same.