



BRAINWARE UNIVERSITY

Term End Examination 2023-2024

Programme – B.Physiotherapy-2020

Course Name – Physiotherapy in Orthopedic and Sports Conditions

Course Code - BPT701

(Semester VII)

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

(i) Identify the Grade 3 tenderness

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|--|--|
| a) Patient says the area is tender. | b) Patient winces due to pain. |
| c) Patient winces and withdraws the affected part. | d) Patient doesn't allow touching the affected part. |

(ii) Identify the nerve tested in ULTT2

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|--------------|----------------------|
| a) Median. | b) Ulnar. |
| c) Axillary. | d) Musculocutaneous. |

(iii) Select whether pain on a scale of 1-10 is subjective or objective finding

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|------------------|--------------------------|
| a) Subjective | b) Objective |
| c) Both (a) &(b) | d) None of the following |

(iv) Identify the normal end-feel for elbow flexion

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|---------|------------|
| a) hard | b) soft |
| c) firm | d) springy |

(v) Identify condition is characterized by a feeling of heaviness, tingling, or pain in the arm and is often associated with poor posture and repetitive movements

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|---------------------------------------|-----------------------------------|
| a) Reflex Sympathetic Dystrophy (RSD) | b) Carpal Tunnel Syndrome |
| c) Impingement Syndrome | d) Thoracic Outlet Syndrome (TOS) |

(vi) Name the primary cause of Impingement Syndrome in the shoulder.

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|--------------------------------------|---|
| a) Chronic inflammation of the bursa | b) Overuse and friction of the rotator cuff tendons |
| c) Arthritis in the shoulder joint | d) Torn labrum |

(vii) Name condition involves the compression of the median nerve in the wrist

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|-------------------------|-----------------------------------|
| a) Shoulder Instability | b) Thoracic Outlet Syndrome (TOS) |
|-------------------------|-----------------------------------|

- c) Carpal Tunnel Syndrome
 (viii) Identify the primary focus of sports physiotherapy
 a) Nutritional counseling
 c) Physical fitness
 (ix) Name the three main soft tissue healing stages in sports physiotherapy
 a) Warm-up, exercise, cool-down
 c) Stretching, strength training, agility
 (x) Identify a common treatment guideline for an ankle sprain in sports physiotherapy
 a) Rest and immobilization
 c) Applying heat for pain relief
 (xi) Identify the key element of preventing hamstring strains in sports physiotherapy
 a) Avoiding warm-up exercises
 c) Proper stretching and strengthening
 (xii) Select the stage of frozen shoulder in which shoulder range of motion starts to become normal
 a) Freezing
 c) Inflammatory
 (xiii) Identify the primary focus of physiotherapy in the acute phase of leprosy management
 a) Treating skin lesions
 c) Preventing nerve damage
 (xiv) choose a way is Polio primarily transmitted from person to person.
 a) Airborne droplets
 c) Contaminated food and water
 (xv) Identify the medical term for the surgical removal of a limb
 a) Osteotomy
 c) Amputation
- d) Flexor and Extensor Tendon Lacerations
 b) Mental health support
 d) Occupational therapy
 b) Inflammation, proliferation, remodeling
 d) Taping, bracing, massage
 b) Immediate return to strenuous activity
 d) Ignoring the injury and continuing to play
 b) Neglecting flexibility training
 d) Overtraining without breaks
 b) Thawing
 d) Frozen
 b) Addressing sensory impairments
 d) Relieving pain and inflammation
 b) Mosquito bites
 d) Sexual contact
 b) Arthroscopy
 d) Dislocation

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Report the ACR criteria for diagnosis of rheumatoid arthritis. (3)
3. Summarize the rationale of Bobath approach. (3)
4. Write the determinants of an efficient prosthetic gait. (3)
5. Identify the signs and symptoms of shoulder instability. (3)
6. Compare ankylosing spondylitis with rheumatoid arthritis. (3)

OR

- Summarize the physiotherapy management of poliomyelitis. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Plan the post-operative physiotherapy treatment for a patient following patella fracture. (5)
8. Explain about grasp reflex. (5)
9. Classify orthoses and prostheses (5)
10. Report the physiotherapy assessment for the frozen shoulder. (5)
11. Illustrate physiotherapy management following THR. (5)
12. Summarize the physiotherapeutic management of coccydynia. (5)

OR

- Summarize the management of cervical radiculopathy. (5)