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34 (4) OSPH 4-1

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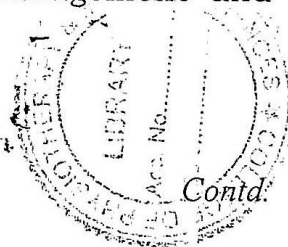
**ORTHOPAEDIC & SPORTS
PHYSIOTHERAPY**

Full Marks : 100

Time : Three hours

***The figures in the margin indicate
full marks for the questions.***

1. Long Essay : ***(any two)*** 2×10=20
 - (a) Discuss role of yoga in orthopaedic conditions.
 - (b) Define orthotics and prosthetics. Write about its classifications and biomechanical principles.
 - (c) A 25 year-old female complaining of neck pain with radiation to Right upper limb. Enlist all possible differential diagnoses. Write detail physiotherapy assessment and management and ergonomic advices.



2. Short Essay : (*any ten*) 5×10=50

- (a) Explain Poliomyelitis, its stages and management.
- (b) Colles' fracture dislocation and its PT management.
- (c) Explain the principles of school of thought for Meckengie's technique.
- (d) Osteomyelitis and its management.
- (e) Discuss various deformities of RA.
- (f) Describe physiotherapy management following patellectomy.
- (g) Perthes disease.
- (h) SLRT and its variations and slump test.
- (i) Discuss various types of soft tissue contractures.
- (j) Ankylosing Spondylitis and its PT management.
- (k) Discuss various spinal deformities.
- (l) Hamstring strain and its management.

Short Answer : *(any five)*

5×2=10

- (a) Calcaneal spur
- (b) William's exercise
- (c) Ankle sprain, its types
- (d) McMurry's test & valgus stress test
- (e) Effects of Spinal traction
- (f) Volkmann's ischaemic contracture
- (g) Stages of IVDP.

Multiple Choice Questions : 20×1=20

- (i) Faber's sign to used to rule out
 - (a) Hip joint pathology
 - (b) Disc pathology of Lumbar spine
 - (c) SI joint dysfunction
 - (d) All of the above.
- (ii) Which of the following refers to Jumper's knee ?
 - (a) Pre-patellar bursitis
 - (b) Patellar tendinitis
 - (c) Intrapatellar bursitis
 - (d) None

(iii) Which of the following is not a normal end feel ?

- (a) Capsular end feel
- (b) Empty end feel
- (c) Bony end feel
- (d) Soft tissue approximation end feel.

(iv) Osteogenesis imperfecta occurs due to

- (a) Deficiency of calcium
- (b) Unossified cartilages
- (c) Defective collagen formation
- (d) None

(v) Minor's elbow refers to

- (a) Lateral epicondylitis
- (b) Zenosynovitis
- (c) Olecranon bursitis
- (d) Medial epicondylitis.

(vi) Dunlop traction is used in

- (a) Intercondylar fracture of humerus
- (b) Supra condylar fracture of humerus
- (c) Fracture of capitulum
- (d) Fracture neck of humerus.

(vii) Macenzie's technique classified LBP into the following types

- (a) Postural syndrome
- (b) Dysfunction syndrome
- (c) Derangement syndrome
- (d) All of the above.

(viii) Limitation of joint inflammation is known as

- ~~(a)~~ Ankylosed
- (b) Arthritis
- (c) Arthrosis
- (d) None

(ix) Joint Mobilization is contra Indicated in

- (a) Soft Tissue tightness
- ~~(b)~~ Joint Stiffness
- (c) Loose body inside the joint
- (d) Bursitis.

- (x) Which muscle is most commonly involved in myositis ossificans around elbow joint ?
- (a) Biceps brachii
 - (b) Brachioradialis
 - (c) Brachialis
 - (d) Triceps
- (xi) 'March fracture' refers to
- (a) fracture of calcaneum
 - (b) fracture of metatarsal bone
 - (c) fracture of talus
 - (d) None
- (xii) 'Muscle setting exercise' is a type of
- (a) Isokinetic exercise
 - (b) Isometric exercise
 - (c) Isotonic exercise
 - (d) None
- (xiii) Canes are used on the
- (a) Affected side
 - (b) Unaffected side
 - (c) Both (a) & (b)
 - (d) according to patients comfort

(xiv) Which of the following advice would be correct for a patient following THR ?

- (a) When turning pivot to the affected side.
- (b) Do not cross your legs & keep a pillow between the legs while sleeping
- (c) Avoid low chairs
- (d) All of the above.

(xv) Protrusion with complete rupture of annulus allowing the nucleus to bulge into the neural canal is referred to as

- (a) Herniation
- (b) Extrusion
- (c) Sequestration
- (d) None

(xvi) Flexion injury leading to anterior wedge fracture of vertebral body is common in _____ region.

- (a) Cervical
- (b) Lumbar
- (c) Thoracic
- (d) Thoraco-lumbar

(xvii) Charcot's joints are

- (a) Painless arthritic joint disease
- (b) Degenerating joint disease
- (c) Infective joint disease
- (d) Ankylosed joint disease

(xviii) Fracture shaft of humerus is associated with

- (a) Axillary nerve injury
- (b) Median nerve injury
- (c) Radial nerve injury
- (d) Brachial plexus injury

(xix) Which of the following test to used to check meniscal integrity

- (a) Apley's grinding test
- (b) Lachman test
- (c) Valgus stress test
- (d) Varus stress test

(xx) Anascular necrosis of scaphoid fracture occurs at

- (a) Proximal half
- (b) Distal half
- (c) Whole bone
- (d) None