
Total number of printed pages-8

34 (4) OSPH 4.1

2018

**ORTHOPAEDICS AND SPORTS
PHYSIOTHERAPY**

Full Marks : 100

Time : Three hours

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

1. Essay type : (Answer ***any two*** out of ***three***)
2×10=20

(a) A 60 year old woman has fracture neck of femur and underwent replacement arthroplasty. Discuss briefly the role of physiotherapy from the first day of operation till discharge.

(b) Discuss a complete physical therapy assessment and treatment for a 20 year old badminton player who sustained partial rotator cuff tear and was treated conservatively in a sling for a period of 3 weeks.

Contd.

- (c) Detail out rehabilitation protocol from day one after injury for a young athlete who sustained grade 1 ACL tear.
2. Short essay type : (answer **any ten** out of **twelve**)
10×5=50
- (a) Explain in detail about plantar fasciitis and its PT management.
- (b) What are the special tests done for various ligament injuries around knee joint? Explain **any three** tests in detail.
- (c) What is lateral epicondylitis? Write about clinical diagnostic tests and its management in detail.
- (d) Define gait. Discuss **two** normal gait parameters with suitable diagrams.
- (e) Write a note on classification of fractures.
- (f) Piriformis and its physiotherapy management.
- (g) Enlist the deformities seen in Rheumatoid hand. Describe PT management for the same.
- (h) Explain Mckenzie exercises in detail with suitable diagram.
- (i) Write a note on dislocations of hip, its classification and management.

(j) Explain about OA knee, its physiotherapy management and ergonomic advices.

(k) Enlist various orthoses used for upper limb conditions.

(l) Describe detail assessment of Scoliosis.

3. Short answer type : 2×5=10

(a) Closed kinematic exercises

(b) Pain gate theory

(c) Grades of maitland mobilizations

(d) Volkmann's Ischaemic Contracture

(e) Define Reflex sympathetic dystrophy.

4. Multiple choice questions : 1×20=20

1. Waddling gait occurs due to —

(a) Paravertebral muscle weakness

(b) Obturator nerve palsy

(c) Adductor muscle weakness

(d) Gental muscle weakness.

2. von Rosen Splint is used in :

(a) CDH

(b) CTEV

(c) Fracture of Tilcia

(d) Trochanteric fracture.

3. Brittle bone disease is
 - (a) Osteoporosis
 - (b) Osteopetrosis
 - (c) Osteogenesis imperfecta
 - (d) Osteomalacia.
4. The commonest site of TB spine
 - (a) Lumbar
 - (b) Dorso lumbar
 - (c) Sacral
 - (d) Cervical.
5. Which of the following is involved in Rheumatoid Arthritis?
 - (a) Synovial fluid
 - (b) Cartilage
 - (c) Synovial membrane
 - (d) Subchondral Bone.
6. Bankart's lesion involves
 - (a) Anterior aspect of head of humerus
 - (b) Anterior glenoid labrum
 - (c) Posterior aspect of glenoid labrum
 - (d) Posterior GH joint capsule.
7. Galeazzi fracture is a fracture of —
 - (a) Upper end of ulna
 - (b) Lower end of ulna
 - (c) Upper end of radius
 - (d) Lower end of radius.
8. The most common complications of supracondylar fracture is
 - (a) Genu valgum
 - (b) Blood vessel injury
 - (c) Volkmann's ischaemic contracture
 - (d) Malunion with gun stock deformity.
9. Lachman test is positive in
 - (a) ACL injury
 - (b) PCL injury
 - (c) Medial meniscus injury
 - (d) Lateral meniscus injury.
10. Which of following is a treatment of choice for post traumatic joint stiffness?
 - (a) Paraffin wax bath
 - (b) Hot moist pack
 - (c) IRR
 - (d) SWD.

11. The commonest cause of pathological fracture is
- Carcinoma
 - Osteoporosis
 - Cyst
 - All of the above.
12. Saturday night palsy involves nerve
- Radial
 - Axillary
 - Ulnar
 - Median.
13. Which of the following is seen in bilateral CDH ?
- Waddling gait
 - Shenton's line is broken
 - Trendelenberg test is positive
 - None.
14. Which of the following current is used to stimulate muscles in facial palsy ?
- Faradic current
 - Galvanic current
 - Russian current
 - All of above.
15. Which of the following grade of mobilization is applied for improving ROM of joint ?
- grade I
 - grade I & II
 - grade III & IV
 - grade II & IV.
16. Which of the following therapeutic regime of exercise is based on the principle of centralization ?
- Mckenzie exercise
 - William's exercise
 - Kaltenbone technique
 - Mulligan's mobilization.
17. Sprengel's deformity is
- Absence of clavicle
 - Acromioclavicular dislocation
 - Congenital elevation of scapula
 - Recurrent shoulder dislocation.
18. What treatment should not be used immediately, after an injury such as ankle sprain ?
- Rest
 - Ice
 - Compression
 - Heat.

19. Which of the following is a running injury ?

- (a) Runner's knee
- (b) Shin Splints
- (c) Blisters
- (d) All of the above.

20. Which of the following glides is given to improve glenohumeral flexion ?

- (a) Anterior glide
- (b) Caudal glide
- (c) Posterior glide
- (d) All of the above.