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34 (4) OSPH 4-1

2014

**ORTHOPAEDICS & SPORTS
PHYSIOTHERAPY**

Full Marks : 100

Time : Three hours

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

Essay Type : *(Answer any two out of three)*

2×10=20

- (a) A 30-year old patient complaining of neck pain with radiating pain to right upper limb. Write physiotherapy assessment in detail along with physiotherapy management with necessary ergonomic advices.
- (b) Discuss assessment and physiotherapy management with rehabilitation protocol of a patient undergone Total Hip Replacement.

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- (c) Discuss physiotherapy assessment and management in detail for ankylosing spondylitis.

Short Essay Type : (Answer any ten out of twelve)
10×5=50

- 2. (a) Explain various types of foot deformities.
- (b) Discuss physiotherapy management following ankle sprain.
- (c) Discuss about sacro-iliac joint dysfunction and physiotherapy management for the same.
- (d) TB spine and physiotherapy management for a patient undergone spinal decompression for the same.
- (e) Volkman's Ischaemic Contracture and its Management.
- (f) Reflex sympathetic Dystrophy and physiotherapy management for the same.
- (g) Discuss designing of footwear and modifications.

- (h) Explain about different types of shoulder dislocations. Write physiotherapy management following anterior shoulder dislocation.

- (i) Discuss about various spinal orthosis and its indications.

- (j) Describe physiotherapy management following patellectomy.

- (k) Spinal canal stenosis and its physiotherapy management.

- (l) Discuss physiotherapy management for planter fasciitis.

Short Answer Type : (Answer any five out of seven)
5×2=10

- 3. (a) Hoffa's syndrome
- (b) Effects of Spinal traction
- (c) Contracture and its types.
- (d) Avascular Necrosis.
- (e) Mckenzie Exercise Regime

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- (f) Perthes disease.
 - (g) Upper limb tension tests.

MCQ :

1×20=20

4. (i) Causes of nonunion of fracture include
- (a) Inadequate fixation
 - (b) Adequate fixation
 - (c) Not enough calcium in diet
 - (d) Over-supply of calcium in diet.
- (ii) Denis-Brown splint is used for the correction of
- (a) Talipes equino varus
 - (b) Talipes calcaneo valgus
 - (c) Talipes valgus
 - (d) All of the above.

(iii) Idiopathic scoliosis treatment depends primarily upon

- (a) Surgery after the curvature has 9 used
 - (b) Brace the spine for 2 years
 - (c) Use a cast prior to surgery
 - (d) Diagnosis with relative skeletal maturity.
- (iv) Postural deviation resulting from untreated congenital hip dislocation includes
- (a) Forward tilting of pelvis
 - (b) Increased lumber lordosis
 - (c) Lumber spine deviates towards the affected side
 - (d) All of the above.

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(v) The etiology of congenital dysplasia of hip is

- (a) Trauma during birth
- (b) Viral infection
- (c) Inadequate nutrition
- (d) None of above.

(vi) Milkman's fracture is seen in

- (a) Periosteis
- (b) Osteomalacia
- (c) Osteoporosis
- (d) None of the above.

(vii) Meralgia parasthetica is due to compression of

- (a) Tibial nerve
- (b) Lateral femoral cutaneous nerve
- (c) Common peroneal nerve
- (d) Femoral nerve.

(viii) Limitation of joint inflammation is known as

- (a) Arthritis
- (b) Ankylosed
- (c) Arthrosis
- (d) None of above.

(ix) March fracture is

- (a) Fracture of tarsal bone
- (b) Complete metatarsal fracture
- (c) Hairline fracture of metatarsal
- (d) All the above.

(x) The inorganic matrix of bone is

- (a) $Ca_{10}(PO_4)_6(OH)_2$
- (b) $Ca_{10}(PO_4)_8(OH)_4$
- (c) $Ca_8(PO_4)_6(OH)_4$
- (d) $Ca_8(PO_4)_8(OH)_4$.

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(xi) Minor's elbow refers to

- b (a) Medial epicondylitis
- (b) Tenosynovitis
- (c) Olecranon bursitis
- (d) None.

(xii) Fracture of upper half of ulna associated with anterior dislocation of radial head

- (a) Galeazzi fracture
- (b) Colle's fracture
- (c) Monteggia's fracture
- (d) None of the above.

(xiii) Contracture which develops without any specific muscle pathology is

- (a) Arthrogenic contracture
- (b) Myostatic fracture
- (c) Pseudomyostatic fracture
- (d) None of above.

(xiv) Which of the following glides is given to improve shoulder external rotation?

- (a) A.P glide
- (b) PA glide
- (c) Caudal glide
- (d) Both PA and caudal glide.

(xv) Repetitive microtrauma leading to degeneration of tendon is called

- (a) Tendinitis
- (b) Tenovaginitis
- (c) Tenosynovitis
- (d) Tendinosis

(xvi) Kienbock's disease is

- (a) AVN of Scaphoid
- (b) AVM of lunate
- (c) Fracture of Scaphoid
- (d) None of the above.

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(xvii) Osteogenesis imperfecta occurs due to

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

(xviii) Boston brace is used

- (a) Lordosis
- (b) Kyphosis
- (c) Scoliosis
- (d) Spinal fracture.

(xix) Presence of tenderness in quadriceps muscle corresponds to the nerve root irritation of

- (a) L₃
- (b) L₄
- (c) L₅
- (d) S₁.

(xx) Faber's sign is used to rule out

- (a) Disc pathology of Lumbar spine
- (b) Hip joint pathology
- (c) SI joint pathology
- (d) All of the above.