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Total number of printed pages-8

34 (4) OSPH 4.1

2019

**ORTHOPEDICS 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) Describe in detail, the physiotherapy management for a 35 years old man with Ankylosing spondylitis.
  - (b) Discuss in detail about the physiotherapy assessment and management of a 50 years old woman suffering from right shoulder adhesive capsulitis.

Contd.

- (c) Explain in detail about special test for ACL injury and rehabilitation protocol for ACL reconstruction.
2. Short Essay Type : (Answer **any ten** out of **twelve**) 10×5=50
- (a) What are the causes of genu recurvatum and its PT management?
- (b) Explain centralization and peripheralization phenomenon. Add a note on extension bias exercises.
- (c) Explain Golfer's elbow and its management.
- (d) Discuss about the importance of core stabilization exercises in low back ache.
- (e) What is Poliomyelitis? Discuss the PT management following surgical correction.
- (f) What are the causes and management of Phantom pain?
- (g) Discuss about the grading of patellar tendon injuries and its PT management.
- (h) SOAP format.
- (i) Stages of fracture healing.

- (j) Explain the various spinal orthosis and describe SOMI brace.
- (k) Limb length discrepancy causes and its methods of assessment.
- (l) Gait deviations following total hip replacement.

3. Short Answer Type : 2×5=10

- (a) Wind swept deformity
- (b) Tinel's sign
- (c) Cozen's test
- (d) Mallet finger
- (e) Sudeck's atrophy.

4. Multiple Choice Questions : 1×20=20

- (1) Bamboo spine is seen in :
- (a) Tuberculosis
- (b) Rheumatoid arthritis
- (c) Ochronosis
- (d) Ankylosing spondylosis.

- (2) Colle's fracture occurs at :
- (a) Distal  $\frac{1}{3}$ rd of radius
  - (b) Proximal  $\frac{1}{3}$ rd of radius
  - (c) Olecranon process of ulna
  - (d) Distal  $\frac{1}{3}$ rd of ulna.
- (3) McKenzie approach is used on the principle of :
- (a) Centralization phenomena
  - (b) Peripheralization phenomena
  - (c) Pain only in flexion
  - (d) Pain only in extension.
- (4) Hawkins Kennedy test is used to assess
- (a) Biceps impingement
  - (b) Supraspinatus impingement
  - (c) Infraspinatus strain
  - (d) Supraspinatus tear
- (5) Common mechanical cause of swan neck deformity is :
- (a) Abnormal stress of volar plate
  - (b) Rupture of central tendon
  - (c) Intrinsic muscle tightness
  - (d) Synovitis.

- (6) ULTT3 is used for :
- (a) Median nerve
  - (b) Ulnar nerve
  - (c) Radial nerve
  - (d) None of the above.
- (7) Leprosy is of \_\_\_\_\_ types.
- (a) 2
  - (b) 3
  - (c) 4
  - (d) 5
- (8) The lesions associated with recurrent dislocation of shoulder include all, except :
- (a) Hill-Sachs lesion
  - (b) Bankart's lesion
  - (c) Capsular laxity
  - (d) Supraspinatus tear.

(9) Commonest type of dislocation of hip is :

- (a) Anterior
- (b) Posterior
- (c) Central
- (d) Dislocation with fracture of the shaft.

(10) Cozen's test is positive in :

- (a) Cubital Tunnel Syndrome
- (b) Golfer's elbow
- (c) Ulnar nerve entrapment
- (d) Tennis elbow.

(11) Fracture healing progresses over how many phases ?

- (a) 1
- (b) 3
- (c) 2
- (d) 4

(12) First bone to ossify in foetal life is :

- (a) Femur
- (b) Tibia
- (c) Clavicle
- (d) Sternum.

(13) Volkmann's ischaemia commonly occurs following :

- (a) Fracture shaft of humerus
- (b) Supracondylar fracture
- (c) Colli's fracture
- (d) Monteggia fracture.

(14) Cock-up splint is used for :

- (a) Median nerve palsy
- (b) Radial nerve palsy
- (c) Ulnar nerve palsy
- (d) Femoral nerve palsy.

(15) Housemaid's knee is also known as :

- (a) Suprapatellar bursitis
- (b) Infrapatellar bursitis
- (c) Prepatellar bursitis
- (d) None of the above.

(16) Unhappy triad consists of injury to :

- (a) ACL, medial meniscus, MCL
- (b) ACL, PCL, joint capsule
- (c) MCL, LCL, patella tendon
- (d) None of the above.

(17) Foot drop is seen in :

- (a) Tibial nerve injury
- (b) Achillies tendon injury
- (c) Popliteal nerve injury
- (d) Common peroneal nerve injury.

(18) Carrying angle is decreased in :

- (a) Cubitus valgus
- (b) Cubitus valgus
- (c) Genu valgum
- (d) Genu varum.

(19) Trigger finger is caused by :

- (a) Rheumatoid arthritis
- (b) Tenosynovitis
- (c) Colli's fracture
- (d) Osteoarthritis.

(20) Test for right iliotibial band is :

- (a) Ober's test
- (b) FABER test
- (c) Lachman test
- (d) Thomas test.