

51411

Fourth BPTH (2012) Examination, Summer 2018
MUSCULOSKELETAL PHYSIOTHERAPY

Total Duration : Section A + B = 3 Hours

Total Marks : 80

SECTION – A & SECTION – B

- Instructions :**
- 1) Use **blue/black** ball point pen only.
 - 2) Do not write anything on the **blank portion of the question paper**. If written anything, such type of act will be considered as an attempt to resort to unfair means.
 - 3) **All questions are compulsory.**
 - 4) The number to the **right** indicates **full marks**.
 - 5) Draw diagrams **wherever** necessary.
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 - 7) Use a common answerbook for **all** Sections.

SECTION – A (50 Marks)

(SAQ)

1. Short answer question (**any five** out of six) : (5×3=15)
 - a) Special tests to assess shoulder impingement syndrome.
 - b) Factors affecting fracture healing.
 - c) Impairments and functional limitations in a patient with plantar fasciitis.
 - d) What is capsular pattern ? Give two examples.
 - e) Enumerate the dynamic restraints of shoulder joint.
 - f) De Quervain's Tenosynovitis.

2. Short answer question (**any five** out of six) : (5×7=35)
 - a) Explain the grades of soft tissue injury and give PT management of grade I injury.
 - b) PT management for Reflex Sympathetic Dystrophy.
 - c) Explain the different scales for pain assessment.
 - d) PT management of Phantom limb pain.
 - e) What are myotomes, dermatomes and sclerotomes ? Enumerate the myotomes and dermatomes of lower quarter.
 - f) PT management of pain in acute stage of Rheumatoid arthritis.

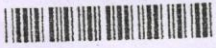
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SECTION – B (30 Marks)

(LAQ)

3. Long answer question (**any one** out of two) : (1×15=15)
- a) 60 years old male, retired government servant had sustained inter-trochanteric fracture on right side which was managed by dynamic hip screw fixation 1 month back. He stays with his son on 3rd floor with lift facility. He likes to play with his 2 grand children who are school going. He is obese and has diabetes which is under control. Write about
- i) Functional diagnosis with clinical reasoning
 - ii) Short term goals with appropriate precautions and contraindications
 - iii) Long term goals. (5+6+4)
- b) 35 years old male, officer in a Government bank complains of pain in low back region which aggravates on bed mobility and other transitions. He complains of morning stiffness which lasts for more than 30 minutes and gets relieved with activity. His HLA- B27 test shows positive result. He is referred to physiotherapy Dept. Write about
- i) Functional diagnosis with clinical reasoning
 - ii) Short term goals in detail
 - iii) Long term goals. (5+6+4)
4. Long answer question (**any one** out of two) : (1×15=15)
- a) A 45 yr. old house-maid comes with difficulty in performing ADL's and pain in the Rt Shoulder following Rotator Cuff Injury. Give the Functional Diagnosis, Plan short term and long term goals and Physiotherapy Management for the same. (5+5+5)
- b) A 49 yr old car mechanic is operated for Right Total knee replacement following chronic OA knee. Give the Functional Diagnosis, Plan short & long term goals and Physiotherapy Management for the patient. (5+10)



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SECTION – A (50 Marks)
(SAQ)

1. Short answer question (**any five** out of six) :

(5x3=15)

- a) Physiotherapy management for osteomyelitis.
- b) Compartment syndrome.
- c) Reflex sympathetic dystrophy.
- d) Diagnostic criteria for rheumatoid arthritis.
- e) SACH foot.
- f) Trendelenberg gait.

2. Short answer question (**any five** out of six) :

(5x7=35)

- a) Physiotherapy management for ankylosing spondylitis.
- b) Physiotherapy management for osteoporosis.

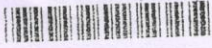
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- c) Physiotherapy management for total hip replacement.
- d) Physiotherapy management for ACL injury.
- e) Physiotherapy management for CTEV.
- f) Physiotherapy management for osteoarthritis.

SECTION – B (30 Marks)
(LAQ)

3. Long answer question (**any one** out of two) : **(1x15=15)**
- a) A 72 year old man with a history of diabetes, cardiovascular disease and PVD has been referred for physical therapy 24 hours post right trans tibial amputation for gangrene. Discuss the physiotherapy management in detail.
 - b) A 35 year old married woman who has two children studying in primary school has been referred to physical therapy by her rheumatologist . She is a teacher by occupation and works about 40 hours a week. Discuss the physiotherapy management with special emphasis on the joint protection techniques.
4. Long answer question (**any one** out of two) : **(1x15=15)**
- a) Discuss in detail the clinical features and physiotherapy management for carpal tunnel syndrome.
 - b) Discuss the clinical features and physiotherapy management for patients suffering from lumbar radiculopathy.



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SECTION – A
(SAQ)

(50 Marks)

(5×3=15)

1. Short answer question (**any five** out of six) :
 - a) Explain Q angle.
 - b) Explain Postural Syndrome of McKenzie.
 - c) Explain Lumbar Pelvic Rhythm.
 - d) Complications of Colles's fracture.
 - e) Causes of PIVD.
 - f) Grades of Kaltenborn mobilisation.

2. Short answer question (**any five** out of six) :
 - a) PT management after Total Hip replacement.
 - b) Wrist and Hand deformities caused by Rheumatoid arthritis.
 - c) Short term PT management after below knee amputation.
 - d) PT management of tennis elbow.
 - e) Explain SLUMP test in detail.
 - f) PT management of bicipital tendinitis.

(5×7=35)

P.T.O.



SECTION – B
(LAQ)

(30 Marks)

(1×15=15)

3. Long answer question (**any one** out of two) :

- a) A 38 years married software engineer, a sole earning member of his family, was diagnosed with Ankylosing Spondylitis 8 years ago. He is experiencing severe back pain, loss of mobility at spine, weakness in trunk muscles with difficulty in breathing. He is meticulous on his medicines and exercises.

Based on the above information,

Explain the functional diagnosis.

Plan the Physiotherapy management with goals.

- b) 56 year old female, undergone bilateral TKR surgery before 2 days, she has pain at rest VAS 4/10 and pain on knee movements VAS is 7/10 and her knee ROM is 0-30 bilaterally. She is not allowed to ambulate for 2 more days as her hypertension is not settled yet. She is in private room of hospital with 24 hr. nursing care. There is no other significant past medical history. Her family members are very supportive.

Based on the above information,

Explain Functional diagnosis.

Physiotherapy management.

4. Long answer question (**any one** out of two) :

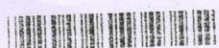
(1×15=15)

- a) A 45 year old male patient, working as a gardener gradually developed radiating pain in left lower limb on posterolateral aspect over last six months. Now pain is 8/10 on VAS, weakness of EHL, and he is unable work due to pain thus depends on his son for daily expenditure. His wife is caring and encourages him for regular treatment with physician. Discuss the functional diagnosis with clinical reasoning. Write in detail the short term and long term goals along with the physiotherapy management.

- b) A 50 yr. old housewife taking regular treatment at charitable polyclinic near to her house since last three months. Her chief complaint is pain in her neck which is radiating in upper limb since last 3 months, reduced strength of left grip. On examination she is having forward head posture. Extension is painful & Upper limb tension test for median nerve is positive. She is worried due to her condition and management of daily work at home.

Explain the functional diagnosis.

Plan her short term and long term goals along with physiotherapy management.



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SECTION – A
(SAQ)

(50 Marks)

(5×3=15)

1. Short answer question (**any five** out of six) :
 - a) Two special tests to diagnose lateral epicondylitis.
 - b) Painful arc syndrome.
 - c) Upper cross syndrome.
 - d) What is Sulcus sign and explain its clinical relevance ?
 - e) Causes of Thoracic Outlet syndrome.
 - f) Grades of Maitland mobilization.

(5×7=35)

2. Short answer question (**any five** out of six) :
 - a) Claw hand deformity.
 - b) Write structural and functional impairments in a patient suffering from ankylosing spondylosis.
 - c) PT management of conservatively treated patellar fracture.

P.T.O.



- d) Common deformities in Rheumatoid arthritis. Add a note on joint protection techniques in RA.
- e) PT management of anterior shoulder dislocation.
- f) PT management of Carpal Tunnel Syndrome.

SECTION – B
(LAQ)

(30 Marks)

3. Long answer question (**any one** out of two) :

(1×15=15)

a) 45 year old government bank officer sustained fracture of shaft of humerus on right side 2 months back which was treated with open reduction internal fixation. At the time of injury, radial nerve was also injured because of which he had developed wrist drop. Currently patient has come for physiotherapy with the complains of shoulder and elbow stiffness and wrist drop.

- i) Write his functional diagnosis with clinical reasoning.
- ii) Short term and long term goals.
- iii) PT management.

b) 25 year old football player underwent ACL reconstruction with patellar tendon graft Rt side, 3 weeks back. Currently he is complaining of pain, swelling over his knee and oedema over the dorsum of foot. He has been advised Physiotherapy.

Write about

- i) Functional diagnosis with clinical reasoning.
- ii) Short term goals with appropriate precautions and contraindications and long term goals.
- iii) PT management.

4. Long answer question (**any one** out of two) :

(1×15=15)

a) A 38 year old male working as software professional complains of pain on the left side of his neck radiating to left forearm since last 2 months. Pain On VAS is 3/10 at rest and 7/10 on extension, rotation & lateral flexion causing restriction of these ranges. It aggravates at the end of the day. Describe the special tests that you will perform for diagnosis. Add a note on Physiotherapy management.

b) A 49 yr. old driver comes with Right Periarthritis Shoulder. Patient is diabetic since 5 years. Plan short & long term goals and Physiotherapy Management for the patient.



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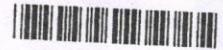
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SECTION – A SAQ (50 Marks)

1. Short answer question (**any five** out of six) : (5×3=15)
 - a) Mention any 3 uses of taping in sports injuries.
 - b) Grades of mobilization according to Kaltenborn.
 - c) Patellar mal-tracking and its effects on quadriceps action.
 - d) Mention any 3 neuro-physiological effects of joint mobilization.
 - e) State any 3 differences between open and closed chain exercises.
 - f) Enumerate any 3 complications following Supracondylar fracture of Humerus.
2. Short answer question (**any five** out of six) : (5×7=35)
 - a) Rationale for exercise prescription in Osteoporosis.
 - b) Physiotherapy management of trans-femoral amputation.
 - c) Discuss physiotherapy management of Calcaneal spur.
 - d) Write with reasoning about physiotherapy management for recurrent shoulder dislocation.
 - e) Discuss diagnostic criteria for osteoarthritis Knee and its PT management.
 - f) Physiotherapy management for knee stiffness post fracture lower end femur treated with dynamic compression screw.



SECTION - B LAQ (30 Marks)

3. Long answer question (**any one** out of two) :

(1×15=15)

a) A 25 yr. old football player comes to you with complaints of pain and discomfort in the right knee since 2 months. He was diagnosed as a case of Right ACL tear Grade 2 along with tear of post horn of medial meniscus. He has undergone arthroscopic ACL reconstruction with shaving of medial meniscal post horn 3 days back.

Functional diagnosis with clinical reasoning.

(5)

Physiotherapy treatment plan.

(10)

b) A 55 yr. old male, insurance banker by occupation comes with complaints of pain in left shoulder with inability to lift the shoulder for overhead activities. His ROM of flexion, abduction and external rotation is severely reduced along with reduction in strength (grossly grade 3-4). He has uncontrolled diabetes.

Explain - Functional diagnosis with clinical reasoning.

(5)

Physiotherapy treatment plan along with goals.

(10)

4. Long answer question (**any one** out of two) :

(1×15=15)

a) A 65 yr. old male, retired banker by occupation comes with complaints of pain in left hip with difficulty to move the hip. He had sustained trauma post RTA 1 month ago and had ICNF (Intra Capsular Femoral Neck) fracture managed with a Dynamic hip screw. His ROM of flexion, abduction and external rotation is severely reduced along with reduction in strength (grossly grade 3-4).

Discuss - short term and long term goals.

(5)

Physiotherapy treatment plan.

(10)

b) A 40 year old school teacher is referred to the physiotherapy department. She is having D 12 compression fracture without any neuro deficit and diagnosed as Lumbar canal stenosis with claudication and treated conservatively. She is married and has an 11 year old son.

Describe - functional diagnosis with clinical reasoning

(5)

Physiotherapy management.

(10)