

No. of Printed Pages: 2

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**MPT 2nd YEAR (MUSCULOSKELETAL), ANNUAL EXAMINATION, MAY 2024
PHYSIOTHERAPY IN REGIONAL MUSCULOSKELETAL DISORDERS AND LIFESTYLE
MEDICINE (THEORY)
PAPER CODE: MTM – 266**

Time: 3 Hours

Maximum Marks: 75 Marks

(Write your Roll No. on top of the paper immediately)

All sections are compulsory. Draw diagrams wherever necessary. Give examples wherever necessary.

SECTION – A

Answer any **FIVE** of the following:

(5 × 5 Marks = 25 Marks)

- Q1.** Neural Mobilization for Carpal Tunnel Syndrome
- Q2.** Describe the pathomechanics and management of lower cross syndrome.
- Q3.** Write about any one of the Repetitive Stress Injury and its management due to use of electronic and computerized gadgets.
- Q4.** Why females are more prone to ACL tears? Explain.
- Q5.** Describe the various physiotherapeutic methods of pain management for a patient under palliative care.
- Q6.** Discuss Physiological changes in the musculoskeletal system due to ageing.

SECTION - B

Answer any **TWO** of the following:

(2 × 10 Marks = 20 Marks)

- Q1.** Summarize the common musculoskeletal disorders that women may experience during menopause. How can physiotherapist support in managing these conditions?
- Q2.** A 47-year-old female presents with complaints of right shoulder pain, following an incident when she lifted a gas cylinder while at home. At the time of incident, she felt a pop and a sharp pain in her right shoulder. She consulted a physician who diagnosed her condition as a rotator cuff strain and referred her for physical therapy. The patient provides chief complaints of not quite able to use the shoulder as previously, and her right arm feels stiff and weak when attempting to elevate it overhead. The pain is localized to the right shoulder. Describe the musculoskeletal assessment and physiotherapy management for this patient.

- Q3. A 15-year-old boy is brought by his parents to the clinic after his mother noticed changes in his spine 4 months ago. He reports with a well-compensated double curve with a Cobb's angle of 32° thoracic and 28° for thoracolumbar. An initial observation reveals a right rib hump with right shoulder protracted, right hip prominent along with shortening of right leg. He currently faces difficulty in walking, playing sports and performing daily activities of living. He would like to be able to return to his normal activities of daily living as well as play cricket. Describe the detailed assessment and prescribe a comprehensive treatment plan for this patient.

SECTION - C

Answer any *TWO* of the following:

(2 × 15 Marks = 30 Marks)

- Q1. A 38-year-old male, left-handed mathematics teacher reports with left sided cervical spine pain radiating to his left arm and thumb worsening over the last 15 days. The pain which started 3 months ago at work, is worse by the end of the day and occasionally disrupts his sleep. He gets temporary relief with a hot shower and lying supine with head supported on one pillow. He initially thought the problem would get better on its own, but it has not, and he is now seeking help. He is worried about his work and daily activities being affected. Describe the short-term goals, pain management strategy and detail plan of exercises for this patient.
- Q2. A 24-year-old female badminton player comes to the rehabilitation centre with chief complaints of right knee pain which has been slowly increasing for last 3 months. Pain worsens with kneeling, jumping, deep knee bends, and taking off from jumps. She experiences swelling and tenderness around the right tibial tubercle. On observation she exhibits a slight anterior pelvic tilt and hyperextended knees. The pain hinders her performance causing discomfort during movements like smash shots and landing, impacting her preparation for national championships. What are the biomechanical abnormalities expected with this patient? Describe the provisional diagnosis and prescribe a treatment plan to manage the case.
- Q3. Discuss the significance of self-evaluation and setting personal health goals for physiotherapists. How does maintaining their own health enable physiotherapists to be effective role models for their patients?
