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DEPARTMENT OF PHYSIOTHERAPY
SCHOOL OF NURSING SCIENCES & ALLIED HEALTH**

**MPT 1st YEAR (MUSCULOSKELETAL) ANNUAL EXAMINATION, MAY 2023
PHYSIOTHERAPY I: BASIC CONCEPTS, ASSESSMENT AND THERAPEUTIC
TECHNIQUES IN MUSCULOSKELETAL PHYSIOTHERAPY (THEORY)
PAPER CODE: MTM-166**

Time: 3 hours

Maximum Marks: 75

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

*Note: (i) Attempt ALL questions (ii) Choices are mentioned wherever applicable
(iii) Parts of a question must be answered together (iv) Draw diagrams wherever necessary
(v) Give examples wherever necessary*

(SECTION A)

5x5=25 Marks

Question 1. Write short notes on any five of the following

- a. Importance of posture examination in diagnosis and management of musculoskeletal disorder'
- b. Neck disability index
- c. Role of patient education and counseling in prevention of musculoskeletal disorders.
- d. Selective tissue tension test
- e. Telerehabilitation
- f. Parameters of physical fitness

(SECTION B)

10x2=20 Marks

Question 2: Answer any two of the following:

- a. Discuss the role of ergonomics in prevention and management of musculoskeletal disorders
- b. Describe the basic principles and evidence based role of Mc'kenzie technique in prevention and management of musculoskeletal disorders.
- c. Describe the basic principles and scientific rational of core stabilization in prevention and management of mechanical low back pain.

(SECTION C)

15x2=30 Marks

Question 3: Answer any two of the following:

- a. Describe the basic principles and evidence based role of neural mobilization in management of musculoskeletal disorders
- b. Describe the basic principles, techniques, indications and contraindication of joint proprioception and balance training in musculoskeletal rehabilitation
- c. Write short notes on the following:
 - i. Sports Massage
 - ii. Pilates
 - iii. S F -36