



MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI
(Deemed University u/s 3 of UGC Act, 1956)

MPT UNIVERSITY EXAMINATION JULY, 2018

SPECIALITY SUBJECT: **MUSCULOSKELETAL PHYSIOTHERAPY**

DURATION: **3 hrs**

PAPER : **PAPER – I (Applied Sciences)**

MARKS : **100**

INSTRUCTION:

1. All questions are compulsory and carry equal marks
2. Answers must be specific to the questions
3. Give neat, labeled and schematic diagram wherever applicable.
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Q.1. Long Answer Questions (Compulsory):

60 Marks

- A. Discuss the importance of the patella in the quadriceps extension mechanism. Write the physiotherapy management and rehabilitation program for the patella femoral joint injury.
- B. Discuss biomechanics of weight lifting.
- C. Discuss in detail about physiotherapy management and rehabilitation program for a patient who has undergone shoulder for anterior dislocation.

Q.2. Short Answer Question (Compulsory):

40 Marks

- A. Write in detail about tibial stress syndrome
- B. Write in detail about conservative management of osteoarthritis of knee
- C. Discuss on effect of resistive training on musculoskeletal system
- D. Write in detail about sacroiliac joint dysfunction



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DURATION: **3 hrs**

PAPER : **PAPER – II (Recent Advances)**

MARKS : **100**

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Q.1. Long Answer Questions (Compulsory):

60 Marks

- A. Write in detail about assessment and management of periarthritis shoulder with special emphasis on joint mobilization technique.
- B. State the importance and recent advancement in biofeedback in backache.
- C. Discuss the rationale of advanced investigative procedures in orthopaedic condition.

Q.2. Short Answer Question (Compulsory):

40 Marks

- A. Write about isokinetic exercises
- B. Recent advances on exercise tolerance testing
- C. Write in detail about management of carpal tunnel syndrome with recent advances
- D. Recent advances in lower limb prosthetic management.



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MPT UNIVERSITY EXAMINATION JULY, 2018

SPECIALITY SUBJECT: **MUSCULOSKELETAL PHYSIOTHERAPY**

DURATION: **3 hrs**

PAPER : **PAPER – III (PAIN MANAGEMENT)**

MARKS : **100**

INSTRUCTION:

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Q.1. Long Answer Questions (Compulsory):

60 Marks

- A. Write an essay on pain gate theory, its recent advancements. Mention any quality of life tool to measure different domains affected due to pain.
- B. Write an essay on the role of physiotherapy following spinal cord injury at level D12.
- C. Discuss the methods of testing and significance of various upper limb neural tension tests.

Q.2. Short Answer Question (Compulsory):

40 Marks

- A. Psychological factors on chronic pain
- B. Shoulder joint mobilization techniques for pain management
- C. Exercise planning and prescription for cervical pain
- D. Rationale of pain assessment and soft tissue assessment.



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MPT UNIVERSITY EXAMINATION DECEMBER, 2017

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DURATION: **3 hrs**

PAPER : **PAPER – I (Applied Sciences)**

MARKS : **100**

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Q.1. Long Answer Questions (Compulsory):

60 Marks

- A. Discuss the role of pronated foot in development of lower extremity musculoskeletal conditions in a sporting individual.
- B. How you classify sacroiliac joint dysfunctions. Discuss the assessment and treatment approaches for different type of Sacroiliac joint dysfunctions.
- C. Explain the biomechanics of throwing. Explain the biomechanical causes for shoulder impingement syndrome in throwing sports.

Q.2. Short Answer Question (Compulsory):

40 Marks

- A. Explain biomechanical changes due to wrist Arthrodesis.
- B. Explain upper cross syndrome
- C. Explain the various effects of thoracic Hypo mobility
- D. Assessment of Patellar position in Patellofemoral pain syndrome



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PAPER : **PAPER – II (Recent Advances)**

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Q.1. Long Answer Questions (Compulsory):

60 Marks

- A. Discuss the recent advances in assessment and management of Complex regional Pain syndrome.
- B. Discuss the evidence for core stability program in management Low back pain.
- C. Discuss the neurodynamic solutions in upper quarter musculoskeletal conditions with evidence.

Q.2. Short Answer Question (Compulsory):

40 Marks

- A. Assessment of foot posture
- B. Recent advance in cervico-brachial pain syndrome
- C. Assessment and management of Cervicogenic Headache
- D. Assessment and management of scapular dyskinesia



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Q.1. Long Answer Questions (Compulsory):

60 Marks

- A. Explain the causes, clinical features and diagnostic criteria for fibromyalgia. Discuss assessment and comprehensive management program for the same.
- B. Discuss the management of a patient who developed CRPS after brachial plexus injury.
- C. Discuss the assessment and management of chronic low back pain in which contribution by input mechanism is 20%, output mechanism is 30% and by central processing is 50%

Q.2. Short Answer Question (Compulsory):

40 Marks

- A. T 4 syndrome.
- B. Assessment and Management of Metatarsalgia.
- C. Selection of muscle energy technique in SI joint dysfunctions.
- D. Management of anterior knee pain due to patello-temoral pain syndrome.



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Q.1. Long Answer Questions (Compulsory):

60 Marks

- A. Write about the kinetics and kinematics of the shoulder joint along with pathomechanics of a grade two supraspinatus tendon tear.
- B. Describe the technique of electrodiagnosis for various types nerve injuries with relation to neurobiomechanics.
- C. Describe gait analysis in detail.

Q.2. Short Answer Question (Compulsory):

40 Marks

- A. Three point pressure
- B. Cervical collars
- C. Material properties of ligaments
- D. Role of physiotherapy in technology industry



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Q.1. Long Answer Questions (Compulsory):

60 Marks

- A. Write an essay on recent advances in soft tissue mobilization techniques.
- B. Describe the clinical decision making process for low back pain
- C. What are the recent advances in knee replacement surgeries? Describe post operative physiotherapy for total knee replacement surgeries.

Q.2. Short Answer Question (Compulsory):

40 Marks

- A. Advantages of functional diagnostic procedures
- B. Physiotherapy management for osteoporosis
- C. Review of literature in evidence based practice
- D. Plyometrics



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Q.1. Long Answer Questions (Compulsory):

60 Marks

- A. Write about the neurobiology of pain transmission and the central nervous system mechanisms of pain modulation.
- B. Describe the differences in approaches by Maitland and Mulligan in low back pain.
- C. Describe the role of the heat versus cold in management of pain.

Q.2. Short Answer Question (Compulsory):

40 Marks

- A. Complex regional pain syndrome
- B. Delayed onset muscle soreness
- C. IFT for pain relief
- D. Pain assessment



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DURATION: **3 hrs**

PAPER : **PAPER – I (Applied Sciences)**

MARKS : **100**

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A. Long Questions (Compulsory):

1. Discuss in detail biomechanical evaluation and types of lower crossed syndrome.
2. Discuss the biomechanical evaluation of various style of lifting and the role of spinal motion, muscle activity, disc and intra abdominal pressure during lifting.
3. Explain the pathomechanics of deformities in rheumatoid arthritis hand and wrist.



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PAPER : **PAPER – II (Recent Advances)**

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A. Long Questions (Compulsory):

1. Explain in detail about the recent advances in the rehabilitation of ACL reconstructive surgery.
2. Explain in detail about entrapment neuropathies of brachial plexus and discuss the rationale and indication for use of nerve mobilization and nerve gliding as treatment approach.
3. Explain in detail about the recent advances in the management of lateral epicondylitis. What are the recent evidence of strengthening of scapular muscles in lateral epicondylitis.



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A. Long Questions (Compulsory):

1. Discuss the peripheral and central mechanism of chronic pain. How cognitive and emotional factors influencing on central nervous system in chronic pain.
2. A 35 years old male comes with acute low back pain which is located on the right side of the spine adjacent to the L4-L5 segmental unit. It began that morning when the patient was returning to a normal posture from a standing flexed position at work. The pain is constant and dull in character which is non-radiating. The pain is relieved when the patient assumes a flexed position, especially while sitting and is aggravated by extension. Lateral flexion of the lumbar spine is painful and restricted. Marked decrease in lumbar rotation to the left was noted. Discuss the evaluation, probable diagnosis differential and physiotherapy management for this patient.
3. A 22 years old female comes with insidious onset of pain in the anterior/ medial aspect of the left knee with no specific mechanism of injury. She also presented with a Q- angle of 8 degrees bilaterally and the patella is hypo-mobile on the left with medial to lateral glides. The patient reported 5/10 pain levels with walking more than 10 minutes on even or uneven ground, as well as ascending or descending. Symptoms are localized to the medial aspect of the knee around the medial joint line. Discuss the evaluation, differential and probable diagnosis and physiotherapy management for this patient



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MPT UNIVERSITY EXAMINATION APRIL, 2016

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DURATION: **3 hrs**

PAPER : **PAPER – I (Applied Sciences)**

MARKS : **100**

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A. Long Questions (Compulsory):

1. Write an essay on Mechanics and patho mechanics of patello femoral joint
2. Describe the clinical decision making skills in evaluation of back
3. Discuss the mechanics of nerves and the changes following nerve injuries



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DURATION: **3 hrs**

PAPER : **PAPER – II (Recent Advances)**

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A. Long Questions (Compulsory):

1. Describe the role of electro therapy for pain management.
2. Discuss evidence based physiotherapy for osteoarthritis of knee.
3. Describe the recent advances in manual therapy for musculo skeletal problems around shoulder joint



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DURATION: **3 hrs**

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MARKS : **100**

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A. Long Questions (Compulsory):

1. What is myofascial pain syndrome and fibromyalgia? Write down its physiotherapy management.
2. Discuss the role of manual therapy in pain management
3. Discuss the recent advances in electrotherapy management of pain



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DURATION: **3 hrs**

PAPER : **PAPER – I (Applied Sciences)**

MARKS : **100**

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A. Long Questions (Compulsory):

1. Write down biomechanics of shoulder joint and pathomechanics of impingement syndrome.
2. Write down brief applied anatomy of lumbo-pelvic complex and explain pathomechanics of SI joint and lumbosacral disorders.
3. Explain the loading of hip joint in single leg standing. What happens to the loading in case of leg length discrepancy? Explain to which side the walking stick to be prescribed in case of left hip pain?



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A. Long Questions (Compulsory):

1. Write down the evaluation of stiff hand; determine various causative factors and physiotherapy management of it.
2. Discuss recent advances in the management of prolapsed intervertebral disc lumbar spine.
3. Discuss two different questionnaires for the evaluation of disabilities and functions, compare and contrast.



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A. Long Questions (Compulsory):

1. A 25 years old male football player received a blow from the back of the knee as he was tackled from behind. There was audible pop and he found inability to load the leg. On evaluation on next day the knee was in semiflexed position with swelling present, gross limitation of movements, strength was fair. Reason out the diagnosis and write down its management.
2. A 34 years old female complains of paraesthesia along the medial aspect of left hand. Wrist movements were found to be decreased with decrease in grip and pinch strength, numbness present along ulnar distribution of hand. All clinical and electrodiagnosis tests are negative. Taut band with a irritable focus present within the scapular muscle. Reason out the diagnosis and its PT management.
3. A 61 years old man complains of intermittent LBA of several months duration. Pain reproduced and worsen on standing for progressively shortened period, relieved in flexin. Insidious onset of pain gradually radiated down the buttock followed by leg. On examination there was flat back, no tenderness present on the back or leg, extension reproduced pain, flexion and side flexion relieved pain. No neurological deficit present, peripheral pulsation normal. Reason out the diagnosis and its PT management



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A. Long Questions (Compulsory):

1. Discuss the biomechanical variation seen in different types of orthopaedic gait. Describe your method of assessment.
2. Explain biomechanics of quiet stance. Discuss the changes noticed in quiet stance due to ageing.
3. Discuss the factors affecting stability and mobility of foot and ankle. Explain pathomechanics of unstable ankle.



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SPECIALITY SUBJECT: MUSCULOSKELETAL PHYSIOTHERAPY

DURATION: 3 hrs

PAPER : PAPER – II (Recent Advances)

MARKS : 100

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A. Long Questions (Compulsory):

1. Explain in detail about temporomandibular joint disorders. What are the recent advances in management for the same?
2. What are the zones in extensor compartment of hand? Explain the common extensor tendon injuries and recent advances in management of same?
3. Compare and contrast between Disabilities of arm, shoulder and hand (DASH). What are the Patient rated elbow evaluation questionnaires (PREEQ) in terms of content, validity and reliability?



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A. Long Questions (Compulsory):

1. Explain physiology of pain and the role of Physiotherapy in management of psychosomatic pain.
2. Classify the achillis tendon disorders. Explain in detail about recent advances in management of achillis tendon disorders.
3. A 15-year-old girl athlete went to her coach complaining of pain in the anterior portion of her left leg. Her coach told her she probably had "shin splints" and that if she kept running she would be fine. As the workout progressed, however, the pain worsened to the point that she was forced to stop. The pain continued to get worse overnight. On examination, the physician found the leg to be red and swollen. The anterior aspect of the leg was very sensitive to palpation, felt hard and warmer than other parts of the leg. Dorsiflexion of the foot and toes was severely limited. The dorsalis pedis pulse was weak. Sensory loss was noted between the first and second toes. What is your probable diagnosis? Discuss the differential diagnosis and management of this case.



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1. Explain loading of hip joint during unilateral standing. What happens to the load in case of limb length discrepancy? How does use of unilateral walking stick change the loading?
2. Explain biomechanics of breathing. How does breathing get affected with spinal movement and different body positions?
3. List out different changes in spine that occur with head forward posture with appropriate explanation.



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1. A 45 years old female complains of gradual onset of low back pain with radiation on left lower limb. On examination the lumbar lordosis is found to increase, extension terminally painful, flexion limited and painful, and abdominal bulging present. Write down the probable diagnosis and recent advances in physiotherapy management.
2. Discuss physiotherapy management of rheumatoid hand
3. Write down physiotherapy management of left knee meniscus injury on 25 year old hockey player.



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1. Discuss the mechanism of pain relief as per various manual therapy concepts.
2. Explain pathophysiology of chronic pain and its therapeutic management.
3. A 25 years old football player complains of low back pain. History of injury present pain is more in extension; tenderness present over Lumbo-Sacral junction. Discuss the probable diagnosis and physiotherapy management.



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A. Long Questions (Compulsory):

1. Explain pathomechanics of structural scoliosis with primary left thoracic curve. Compare reliability and validity of commonly used clinical and radiological methods for measurement of scoliosis.
2. Discuss the influence of relevant anthropometric variables on hand grip strength. comment on reliability and validity of commonly used methods for measurement of grip strength.
3. Compare biological nutrition of menisci and cruciate ligaments in knee and their respective process of healing following trauma .



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M.P.Th – II UNIVERSITY EXAMINATION APRIL 2013

SPECIALITY SUBJECT: **MUSCULOSKELETAL PHYSIOTHERAPY**

DURATION : **3 hrs**

PAPER : **PAPER – II (Recent Advances)**

MARKS : **100**

INSTRUCTION:

1. All questions are compulsory and carry equal marks
2. Answers must be specific to the questions
3. Give neat, labeled and schematic diagram wherever applicable.
4. Mobile phones, pagers, blue tooth or any other such communication devices are not allowed in the Examination premises and in all adjacent area.

A. Long Questions (Compulsory):

1. Discuss outcome measures to assess low back pain, function and disability with their reliability and validity.
2. Discuss the physiotherapy management of stiff hand with respect to specific tissue (Skin, muscle, ligament, capsule etc.) involvement.
3. Discuss recent advances in physiotherapy management of degenerative joint disease of knee.

MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI
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M.P.Th – II UNIVERSITY EXAMINATION APRIL 2013

SPECIALITY SUBJECT: MUSCULOSKELETAL PHYSIOTHERAPY

DURATION : 3 hrs

PAPER : PAPER – III (PAIN MANAGEMENT)

MARKS : 100

INSTRUCTION:

1. All questions are compulsory and carry equal marks
2. Answers must be specific to the questions
3. Give neat, labeled and schematic diagram wherever applicable.
4. Mobile phones, pagers, blue tooth or any other such communication devices are not allowed in the Examination premises and in all adjacent area.

A. Long Questions (Compulsory):

1. Define pain. Describe theory, types, pathways, assessment and management of pain at spinal and brainstem level. Discuss the physiology of radiating and referred pain and its characteristics.
2. Write about common tendon transfer and joint replacement for rheumatoid hand deformity patient and write in detail about evaluation of hand and physiotherapy rehabilitation after tendon transfer and post operative MCP Arthroplasty
3. A-24 year male 100-200 meter sprinter presented to the clinic complaining of recurring left hamstring injury. The first injury happened suddenly during sprinting two year ago. Since then, the injury has recurred three times but with a more gradual onset with increased intensity of sprinting. Last recurrence happened one month ago and the sprinter was still unable to resume sprinting due to pain. He also complained of intermittent Left Sacroiliac joint pain. Discuss the probable and differential diagnosis and physiotherapy management for this athlete.



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M.P.Th – II UNIVERSITY EXAMINATION APRIL 2013

SPECIALITY SUBJECT: **MUSCULOSKELETAL PHYSIOTHERAPY**

DURATION : **3 hrs**

PAPER : **PAPER – III (Sport Injury Management)**

MARKS : **100**

INSTRUCTION:

1. All questions are compulsory
2. Answers must be specific to the questions
3. Give neat, labeled and schematic diagram wherever applicable.
4. Mobile phones, pagers, blue tooth or any other such communication devices are not allowed in the Examination premises and in all adjacent area.

A. Long Questions (Compulsory):

1. Discuss Physiotherapy management following arthroscopic repair of right anterior cruciate ligament of a 20 year old league football player.
2. Discuss the biomechanics of running. Outline injury profile of a 16 year old Olympic sprint runner and describe one reliable and valid measure for on-field assessment of respective injury.
3. Explain mechanism of pain caused by delayed onset muscle soreness and its Physiotherapy management in a 16 year old female mountaineer.