

**INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO, RAJAGIRIYA**  
**BUMS LEVEL IV – SECOND SEMESTER EXAMINATION – AUGUST 2018**  
**MASSAGE AND PHYSICAL THERAPY**  
**COURSE CODE – MJ4205**

**Date: 11.09.2018**

**MULTIPLE CHOICE QUESTION PAPER**

**Time: 9.00 am – 9.30 am**

**Index no**

**INSTRUCTIONS**

- Answer all questions.
- This M.C.Q. paper consists of 20 questions.
- Each question has 5 responses, namely a, b, c, d & e.
- You are required to select the most appropriate response out of the 5 as your answer to each question.
- You are required to mark your answer in the **Answer Script** provided to you.  
In front of each question number there are 5 boxes marked a, b, c, d & e.  
Draw a (✓) in the appropriate box which matches the answer chosen by you.
- An example is given below.

**INSTRUCTIONS**

**Example**

1. Question No 1. Which one of the following is a mammal

- (a) Worm
- (b) Crow
- (c) Crocodile
- (d) Man
- (e) Ant

The correct answer is Man; corresponding letter is (d)

Now, draw a (✓) in box (d) in the answer script as shown below.

**Answer Script**

Question No.	a	b	c	d	e
1.				✓	

If you want to change your answer draw a transverse line across the box in which you have drawn the ✓ as shown below, and mark your new answer by drawing a new ✓ in the appropriate box.

a	b	c	d	e
			✓ —————	

- One mark will be awarded (+1) for each **correct answer**.
- A zero (0) mark will be awarded if the question is left **unanswered**.
- Question paper should attach to the answer script.

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**MASSAGE AND PHYSICAL THERAPY**

**COURSE CODE – MJ4205**

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**Time - 1/2 hour**

**(9.00 am – 9.30 am)**

**MULTIPLE CHOICE QUESTION PAPER**

Answer all questions.

**Index no**

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1. What are the main Treatment Modalities used in Physiotherapy?

- a. Manual Therapy, Therapeutic Exercises, Electrotherapy
- b. Manual Therapy, Therapeutic Exercises, Therapeutic Drugs
- c. Manual Therapy, Therapeutic Drugs, Electrotherapy
- d. Therapeutic Exercises, Therapeutic Drugs, Electrotherapy
- e. Therapeutic Exercises, Therapeutic Drugs, Speech therapy

02. What are the types of energies used in physical therapy?

- a. Mechanical, Electrical, Sound, Chemical
- b. Mechanical, Electrical, Sound, Thermal
- c. Chemical, Electrical, Sound, Thermal
- d. Mechanical, Chemical, Sound, Thermal
- e. Electrical, Sound, Magnetic, Chemical

03. What are the goals of acute recovery stage of a patient with a stroke includes?

- A) Maintain mobility
  - B) Teach normal movement patterns
  - C) Initiate posture and movement awareness
- a. A and B
  - b. A and C
  - c. A,B and C
  - d. B and C
  - e. A only

04. Spasticity of muscles may leads to;

- a. Joint dysfunction
- b. Pain
- c. Contractures
- d. Disturbances for the activities.
- e. All of the above

05. Incentive spirometer is used to;

- a. To improve the muscle strength
- b. To improve the inspiratory ability
- c. To improve the joint range of motion
- d. To improve the coordination
- e. To measure the muscle power

06. Ultrasound therapy can be used to treat;

- a. Osteomyelitis
- b. Soft tissue injuries
- c. Open fractures
- d. Nerve degeneration
- e. All of the above

07. Biceps Brachi acts as a

- a. Flexor of knee joint
- b. Extensor of elbow joint
- c. Flexor of elbow joint
- d. Extensor of knee joint
- e. Flexor of the hip joint

08. A patient with a stroke affecting the right middle cerebral artery has a VERY MILD difficulty in walking, especially over uneven surfaces. Which of the following describes the MOST appropriate initial intervention to improve the patient's ability to walk over uneven surfaces?

- a. Place a single point cane in the patient's left hand and train him to walk
- b. Place a single point cane in the patient's right hand and train him to walk
- c. Place an elbow crutch in the patient's left hand and train him to walk
- d. Fit the patient with a 4-wheeled walker and instruct him to walk
- e. Fit the patient with two axillary crutches and instruct him to walk

09. Basic initial treatment procedure for an acute soft tissue injury includes,
- Application of ice and compression to the area affected and elevation of the body part affected
  - Application of ice to the area affected and elevation and rest the body part affected
  - Rest the body part affected, Application of ice and compression to the area affected and elevation of the body part affected.
  - Application of ice and compression to the area affected and Rest the area affected
  - Rest and elevation of the body part affected
10. Goniometer is used to measure the,
- Power of the muscles
  - Swelling of a muscle
  - Contractibility of the muscle
  - Joint range of motion
  - Spasticity of a muscle
11. Application of a shoulder sling for a patient with stroke is useful to;
- Prevent muscle contractures
  - Prevent spasticity
  - Prevent restriction of joint movements
  - Support the muscle re-education
  - Prevent the subluxation of gleno-humeral joint
12. Which group of muscles is not much important in human walking?
- Flexors and extensors of the knee joint
  - Planter flexors and dorsiflexors of the ankle joint
  - Flexors and extensors of the hip joint
  - Abductors of the hip joint
  - Pelvic floor muscles
13. Falls are common among elders. Which is the contributing factor for falls in elders?
- Changes in muscular strength
  - Impaired stance balance and mobility
  - Decreased joint flexibility and Decreased vibratory sense
  - Impaired visual sensation and Decline in vestibular function
  - All of the above
14. Timed up and go test (TUG) can be used to measure the,
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15. The muscle or muscle group that provide the necessary support to assist in holding the rest of the body in place while the movement at a joint occurs is called as,

- a. Agonist
- b. Antagonist
- c. Fixator
- d. Synergist
- e. None of the above

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**BUMS LEVEL IV – FIRST SEMESTER EXAMINATION – AUGUST 2018**  
**MASSAGE AND PHYSICAL THERAPY**  
**COURSE CODE – MJ4205**

Date – 11.09.2018  
Time - 2 ½ hours  
(9.45 am – 12.15 pm)

Index No

Answer all questions.

**Part I - Structured Questions**

1.

1.1. What are the 3 main categories of walking aids? (10Marks)

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1.2 Give 2 examples of each category mentioned in 1.1. (4 Marks)

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1.3. Which category of walking aid is suitable for a patient with severe balance problem? (2 Marks)

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1.4 Briefly explain how walking aids assist for persons with problems of balance (use appropriate diagram).(4 Marks)

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02.

2.1 Write 04 activities that increase the intra-abdominal pressure. (4 Marks)

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2.2 Write 06 causes for problems occurring with the pelvic floor muscles. (6Marks)

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2.3 What are the symptoms related to the bladder, with a women having weak pelvic floor muscle?  
Explain each very briefly.(6 Marks)

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2.4 What type of exercise should be used to improve the symptoms stated in 3.3? (4 Marks)

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**Part II – Essay Questions**

**1.**

1.1 Name 2 pathological conditions, related to the joints that can be treated with physiotherapy (5 Marks)

2.2 Describe the aims of physiotherapy during immobilization period after a fracture of the shaft of the right tibia. (15 Marks)

**02.**

2.1 Give a definition for “assistive devices” (5 Marks)

2.2 Describe the usage of mobility assistive devices in the process of rehabilitation of people with walking disabilities (15 Marks)

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