

KMCT COLLEGE OF ALLIED HEALTH SCIENCES
MUKKOM, KOZHIKODE, KERALA
DEPARTMENT OF PHYSIOTHERAPY
FOURTH YEAR BPT
PHYSIOTHERAPY IN ORTHOPEDICS & SPORTS-QUESTION BANK

ESSAY [15 MARKS]

1. Describe the Physiotherapy assessment, aims and management of Rheumatoid Arthritis in the chronic stage.
2. Explain in detail about PT Evaluation and PT Management following BK Amputation.
3. Explain in detail about PT Evaluation and PT Management for Cervical Spondylosis.
4. Explain the different types of scoliosis. Write in detail the assessment and PT management for scoliosis.
5. Discuss the pre and post-operative management for a case of fracture neck of femur
6. Management of Supra Condylar fracture in a school going child.
7. Management of middle aged working woman suffering from early Osteoarthritis.
8. Explain in detail about special test for ACL injury and rehabilitation protocol ACL construction.
9. Pre and post operative management of a 40 year old male with fracture shaft of femur.
10. Low back pain-Its classification, management and preventive measures
11. Discuss in detail about the Physiotherapy assessment and management of a 50 year old lady teacher suffering from left shoulder Periarthritis. Add a note on home exercise program.
12. A 60 yr old retired colonel underwent total joint replacement of the right hip. Explain the rehabilitative protocol focusing on community activities

13. Outline Physiotherapy Assessment for a 40 year old lady with chronic Rheumatoid Arthritis. List down the deformities seen in Rheumatoid Hand. Describe the Physiotherapy management for this lady whose both hands are involved.
14. Describe the assessment and management of a 10 year old girl affected with Poliomyelitis and secondary Scoliosis.
15. Explain in detail about the Physiotherapy assessment and management of a 20 yr old athlete who sustained intervertebral disc prolapse L1-L2. Add a note on functional activity.
16. Discuss in detail about a 30 yr old man who was treated conservatively for right Colle's fracture. Explain the functional rehabilitation of the hand
17. Write the indication and principles of Amputations. Describe the PT Management and training of before and after prosthetic fitting for above Knee Amputation.
18. Explain in detail about special test for ACL injury and rehabilitation protocol for ACL reconstruction.
19. A 65 year old man had fracture Neck of Femur and underwent replacement Arthroplasty. Write briefly the role of physiotherapy from the first day of operation till discharge.
20. Explain in detail about PT Evaluation and PT Management for PA Shoulder
21. Describe the PT Management of Supra Condylar fracture at elbow which was conservatively managed. Write briefly complications of Supra Condylar fracture.
22. Describe the Pre and Post-Prosthetic management of a Trans Femoral Amputee.
23. Explain in detail about PT evaluation and PT management for following AK Amputation.
24. Explain in detail about Post-operative PT evaluation and management for a 51 yrs. old male who underwent Total Knee Arthroplasty.
25. Give a detail account on PT assessment and treatment techniques for a patient with Right Peri-arthritis shoulder.

26. Outline the physiotherapy assessment and management of 45 year old male who is diagnosed with Osteoarthritis of the knee joint.
27. Write in detail about the assessment and management of a patient who is referred with anterior spondylolisthesis at L4-L5 level. Emphasis on the home program for the patient
28. Explain in detail about the assessment and physiotherapy management following total Hip replacement.
29. Explain the types of Scoliosis. Write in detail about the physiotherapy assessment and management for Scoliosis.
30. Describe in detail about the pre-operative and post-operative physiotherapy management of right Total Knee Replacement.
31. Describe the causes, pathology and clinical features (3) PT evaluation (2) and physiotherapy management of Ankylosing Spondylitis.(4)
32. Discuss in detail about the Physiotherapy Assessment and management of a 55 year old male Carpenter suffering from Right side Periarthritis of Shoulder and add a note on Home program.
33. Explain in detail about the Physiotherapy Evaluation and management of patient with above Knee Amputation.

SHORT ESSAY (10 marks)

1. Sudeck's Atrophy.
2. Screw Home Mechanism
3. Types and physiotherapy management of skin grafting.
4. Spinal canal stenosis.
5. Patello femoral pain syndrome.

6. Shoulder hand syndrome.
7. Postural hypotension.
8. Carpal tunnel syndrome.
9. Volkmann's Ischaemic contracture.
10. Painful arc syndrome.
11. Mallet finger and its physiotherapy management.
12. Pain assessment.
13. Supraspinatus tendonitis.
14. Flat foot.
15. Stages of fracture healing
16. Principles of tendon transfer.
17. Piriformis syndrome and its physiotherapy management.
18. Spinal canal stenosis.
19. Jorden's principle of three point pressure.
20. Torticollis.
21. Milwaukee brace.
22. Kyphosis
23. Thoracic Outlet syndrome.
24. Q angle and its significance.
25. Types of Pelvic tilt.
26. Upper limb tension test.

27. Meralgia Parasthesia.
28. Congenital Talipes Equinovarus.
29. Rheumatoid hand.
30. PT management for fracture Shaft of Femur.
31. PT management for TA rupture following reconstruction
32. Monteggia fracture – PT management.
33. PT evaluation for recurrent patella dislocation.
34. PT management for Spondylolisthesis.
35. Post surgical PT management for T. B. Spine.
36. Stump management for below Knee Amputation.
37. Management of Calcaneal spur with differential diagnosis.
38. Assessment of gait parameters.
39. Management, causes, PT management for Tennis Elbow
40. Special test, PT management for supraspinatus tendinitis
41. Management for complication following fracture of mid shaft of humerus.
42. Write the various strengthening techniques for a muscle.
43. Management for Trapezitis.
44. PT management for following Colle's fracture.
45. PT management for scaphoid fracture.
46. Gait training for non-cemented and cemented Total Hip Replacement.
47. PT evaluation for cervical inter vertebral disc prolapsed C5-C6.

48. PT management for Trigger finger.
49. Management to control pain, swelling, strengthening following grade – II lateral ligament injury of ankle
50. Rules of nine in Burns.
51. Ankylosing spondylitis – Physiotherapy Management.
52. Various methods of draining edema.
53. Stump management.
54. Sensory assessment in leprosy.
55. Management of Plantar fasciitis.
56. Phases of gait cycle.
57. Postural examination.
58. Physiotherapy management of recurrent dislocation of patella.
59. Subacromial Bursitis.
60. Cubitus Varus.
61. Myositis Ossificans.
62. Non Union
63. PT Management following Tension Band Wiring – Patella fracture.
64. Gait Training for Non – Cemented and Cemented Total Hip Replacement.
65. Dupuytren's Contracture
66. PT Evaluation for Cervical Inter Vertebral Disc Prolapse C7 – C8.
67. PT Management for OA Knee.

68. Management to control Pain, swelling, Strengthening following Grade – II Medial Collateral Ligament injury of knee.
69. Club foot.
70. Physiotherapy following skin grafting
71. Causalgia – Management.
72. Fracture Disease.
73. Stress Fracture. Causes and management.
74. Define Compartment Syndrome.
75. Define Gait. Explain the normal Gait parameters
76. Manual lymph drainage
77. HKAFO Orthosis
78. Definitions, PT evaluation and management of Galeazzi fracture.
79. Clinical features and management of Golfer's elbow.
80. Special tests and management for Congenital dislocation of hip
81. UMN and LMN type of bladder.
82. Deep Vein Thrombosis.
83. PT management in anterior dislocation of shoulder.
84. PT management for lumbar spondylolisthesis.
85. Spinal Canal Stenosis.
86. Swan neck deformity.
87. Lasegue's test.
88. Weight relieving Orthosis

89. Pedicle graft.
90. Four point gait
91. IVDP and its PT management.
92. Shaft of humerus fracture and its PT management.
93. Radial nerve palsy.
94. Myofascial pain syndrome.
95. Classification of talus fracture and its PT management.
96. Syme's amputation.
97. Pes Planus
98. Intrinsic plus deformity
99. Recurrent dislocation of shoulder.
100. Bladder training.
101. Boxer's fracture and its management.
102. Resting splint for hand.
103. McMurray's test.
104. Gait training following tibial fracture.
105. Bicipital tendonitis

SHORT ANSWERS (3 marks)

1. Phantom limb pain.
2. Types of sequestrum.
3. Wind swept deformity.

4. Skin traction.
5. Boston brace.
6. Features of rickets.
7. Genu valgum.
8. Ankle sprain.
9. Guillotine amputation.
10. March fracture.
11. Tinel's sign.
12. Causalgia.
13. Sciatica.
14. Valsalva manoeuvre
15. Mill's test.
16. Empty can test.
17. Stretching of Gluteus Maximus.
18. Bamboo spine.
19. Limb length discrepancy.
20. Spasticity and rigidity.
21. Erb's Palsy.
22. Arthrodesis.
23. MMT – grading.
24. Painful arc syndrome.

25. Complications of Colle's fracture.
26. Sudeck's atrophy.
27. Degrees of Burns.
28. Pott's fracture.
29. Flat Back.
30. Normal and abnormal end feel.
31. How will you correct the posture in patients with scoliosis?
32. Define Boutonniere deformity.
33. How will you increase the efficiency of neck muscles using EMG Bio-feed back for CS patients?
34. What are the special tests used to diagnose the Pesplanus and Pescavus deformity?
35. Define compartment syndrome.
36. Uses of club foot boot.
37. List the functional activities which will increase the flexion and extension of shoulder joint.
38. Role of quadriceps settings exercise in Post-operative ACL reconstruction patients
39. Side swipe injury.
40. Green stick fracture.
41. Manual muscle grading.
42. List the functional activities which will increase the flexion and extension of knee.
43. Close Kinematics chain exercise.
44. Lumbo-sacral corset.

45. ACL bracing and its advantages.
46. Cobb's angle.
47. Grading of ligamentous instability.
48. Anterior drawer test.
49. List the deformities seen in congenital Talipes Equinovarus.
50. Deep transverse friction.
51. Joint mobilization grades.
52. Chauffeur's fracture.
53. Shentons line.
54. Lumbosacral Corset.
55. Anti flexion brace.
56. End feel.
57. Klumpkey's paralysis.
58. Fracture disease.
59. Elys test.
60. Z-thumb deformity.
61. Osteoma.
62. Skin graft.
63. Osteoporosis.
64. Unstable hip gait.
65. Tardy ulnar nerve palsy.

66. Homan's sign
67. Patellar femoral arthritis.
68. Cervical rib
69. Klapp's exercise.
70. Decubitus ulcer.
71. Stump care and exercise
72. Foot drop gait.
73. Dequervain's disease.
74. Referred pain.
75. Thoracic Kyphosis.
76. Brachialgia.
77. Tripod sign.
78. Prepatellar Bursitis.
79. Cervical Traction.
80. Schober's test.
81. Meralgia Parasthetica.
82. Greenstick Fracture.
83. Special test for supraspinatus tendinitis
84. Boxer's fracture.
85. Deformities of rheumatoid arthritis
86. Putti plate operation & Saha operation.

87. Q angle.
88. Spinal shock.
89. Trigger finger & trigger thumb.
90. Tropic ulcer
91. Lateral ligament of ankle.
92. Milwaukee brace.
93. Torticollis.
94. Lumbar pelvic rhythm.
95. Posterior sag sign.
96. Splints used in rheumatoid arthritis.
97. Tinnel Sign
98. Ober's Test
99. Grades of Mobilisation
100. Hill sach's lesion
101. Frozen shoulder
102. Cervical rib
103. Splints used in Rheumatoid arthritis
104. Wrist drop.
105. Ober's Test.
106. Wry neck.
107. Causes of Foot drop.

108. Button hole deformity
109. Phalen's test
110. Chondromalacia patella.
111. Pescavus.
112. Hard test.
113. Ulnar drift.
114. Golfer's elbow
115. List the functional activities which will increase the flexion and Extension of shoulder?
116. Open Kinematics Chain Exercise.
117. Lumbosacral Corset.
118. ACL Bracing and its advantages.
119. Auto Amputations.
120. Grading of ligamentous Instability.
121. List the Various types of Mobility Aids.
122. List the deformities seen in Congenital Talipes Equinovarus.
123. Deep transverse friction.
124. Foraminal Compression Test.
125. Knee reflex root value.
126. Definition of Deep vein thrombosis
127. Preiser's disease
128. Trendelenberg gait

129. Grading of tenderness
130. Anterior drawer test
131. Cock-up splint
132. Patellectomy
133. Feiss line
134. Straight leg raise test.
135. Thoracic outlet syndrome.
136. IT band stretching.
137. Erb's palsy.
138. Type of fracture.
139. Ulnar drift.
140. Splints for scoliosis.
141. Grades for ligament instability.
142. Dennis brown splint
143. Gait cycle.
144. Osteoporosis.
145. Stages of fracture healing.
146. Shenton's line.
147. Septic arthritis.
148. Speed test.
149. Tropic ulcers.

- 150. Stress fracture.
- 151. Femoral triangle.
- 152. Phases of Gait cycle.
- 153. Deformities of knee joint.
- 154. Schober's test.
- 155. Measurement of limb length.
- 156. Perthe's disease

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