

# Final-Term Assignment/viva (spring -2020)

## Therapeutic exercises (LAB)

DPT 4<sup>th</sup> semester

Instructor: Dr. M.Jaffar

Name: Brekhna Malik

Id: 14508

Time: Till Saturday

Max Marks:

---

1. An athlete came to you after an injury stating that he is unable to run even for 30 minutes while his pre-injury running time was 1 hour and 30 minutes without feeling any weakness or facing cardiopulmonary problems, the preferred training will be
  - a. endurance training
  - b. power training
  - c. strength training
  - d. stretching exercises
2. Ability of contractile tissue to produce tension and a resultant force based on the demands placed on the muscle is called
  - a. muscle strength
  - b. power
  - c. endurance
  - d. muscle performance
3. A 45 years old man came to your clinic with the history of spinal cord injury at L2,L3,L4 level on examination u found lower limb weakness bilaterally, muscles power is in grade 1 which protocols would b best for the patient ?
  - A. Active range of motion
  - b. Passive range of motion
  - c. Active assisted ROM
  - d. Resistive exercises

e. None of the above

**4. The ability to perform low-intensity, repetitive, or sustained activities over a prolonged period of time is called**

**A. endurance**

B. muscle performance

C. muscle strength

D. force

**5. A 25 Years old female Came to your clinic with the history of pain and stiffness in the forearm after crush injury on examination elbow flexion is limited to 100 degrees muscle powers in grade 2 what plan will b best for the patient**

**a. Active ROM below 100 degrees**

b. Passive ROM above 100 degrees

c. Passive ROM as tolerated at the level of tissue resistance

d. None of the above

**6. Aynamic muscle loading where tension in a muscle develops and physical shortening of the muscle occurs, refers to**

**A. concentric exercise**

B. eccentric exercise

C. both of the above

D. none of the above

**7. You have a patient with fracture elbow, patient has zero rom due to pain, you want to reduce chances of muscular atrophy without disturbing the healing process and aggravating the pain, you will prefer the type of exercise**

**A. isotonic exercises**

B. isometric exercises

C. any of the above

D. none of the above

8. All of the following are exercises for cardiopulmonary fitness except \_\_\_\_\_.

- a. Walking
- b. Jogging cycling
- b. Splint
- d. Swimming

9. Manual therapy techniques used for \_\_\_\_\_

- a. modulate pain
- c. increase ROM
- b. treat joint dysfunctions
- d. all of the above

10. \_\_\_\_\_ is a sudden, forceful thrust that is beyond the patient's control.

- a. Mobilization
- c. Manipulation
- b. Auto mobilization
- d. Mobilization with movement

11. \_\_\_\_\_ Occurs when one bone rotates around a stationary longitudinal mechanical axis.

- a. Roll
- b. Slide
- c. Spin
- d. Compression

12. Which of the following statement is false regarding short duration stretches

- a. Cyclic stretching,
- c. Ballistic stretching
- b. Sustained stretching
- d. All of the Above

13. The use of disablement model was first introduce in

- a. During the early 1970s
- b. During the early 1990s
- c. During the early 1988
- d. During the early 2000