Answers

Course title:- Manual Therapy

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1. If someone physically moves or stretches a part of your body, such as your leg, this is

called \_\_\_\_\_\_\_\_

**A) PROM**

2. All these are goals of passive ROM exercises except:

**D) Increase pain**

3. Active ROM exercises prevent thrombus formation. Which of the event/s lead to thrombus formation?

**A) Conversion of fibrinogen to insoluble strands of fibrin**

4. Active ROM exercises are indicated in all of the following except:

**B) Brisk walking**

5. Irfan came to your physiotherapy clinic after being injured in a car accident. O/E, he flexes his right shoulder up to 90 degrees after which he feels pain. You help him in flexing the shoulder above 90

degrees. This type of movement is called \_\_\_\_\_\_\_

**C) Active assisted movement**

6. A patient comes to your clinic with limitation of movement at the shoulder. You find out that he cannot pick anything from above the shelf so you give ROM exercises as a treatment for his

limitation. In this case you are working on patient’s \_\_\_\_\_\_\_\_

**D) Functional ROM**

7. 36 years old Saif comes to your clinic with a complaint of pain in his right hip. He tells you that he had a fall 2 days back. He flexes his right hip to 60 degrees after which he feels pain. You plan to give him passive ROM exercises. The most appropriate technique to start PROM exercises is to:

**A) Perform the movements with 5 to 10 reps on right hip**

8. When arising from a chair, the direction of motion is:

**B) Hip extension, knee extension and ankle dorsiflexion**

9. To test the muscle strength of posterior fibres of Gluteus Medius, resist hip abduction with

**D) Both A and B**

10. Number of intervertebral disks in the vertebral column are:

**C) 23**

11. Primary curves in the vertebral column have:

**B) Posterior convexity**

12. Lumbar lordosis develops as the child:

**D) All of the above**

13. To minimize the musculoskeletal pain and promote healing, protection of the part affected by the inflammatory process is necessary during the \_\_\_\_\_\_\_

**A) First 12 to 24 hours only**

14. A 25 years old female presented with limited right elbow movement. Therapist applied a sudden forceful thrust beyond the patient control. This technique is known as:

**C) Manipulation**

15. 38 years old lady with frozen shoulder is treated at a clinic. Therapist applies a posterior glide and simultaneously the patient actively performs physiological movement of her shoulder. This technique is known as:

**D) Mobilization With Movement (MWM)**

16. You are objectively assessing a 34 years old computer operator for his lumbar spine. While performing active trunk bending, patient was unable to perform full ROM due to pain but there was no pain after extending the trunk. What does it mean regarding the symptoms of patient?

**B) Symptoms are irritable**

17. The ligament which provides stability to the cervical spine preventing the odontoid process from subluxation is:

**C) Transverse ligament**

18. Hip abduction can be limited by:

**A) Gracilis**

19. For maintaining ROM and preventing contracture formation \_\_\_\_\_\_\_\_ should be used:

**D) AAROM**

20. All of the following are contra indications for manual therapy EXCPT:

**D) Osteoporosis**

21. Standard bone movement are all except:

**A) Anatomical movements**

22. Manual Therapy:

**a. Manual therapy uses hands-on techniques to improve ROM in restricted joints. It is also used to stimulate the function of muscles, nerves, joints, and ligaments.**

23. CPM is used to:

**B) Increase ROM**

24. To passively move the shoulder in external and internal rotation in supine position, the range of shoulder abduction and elbow flexion should be \_\_\_\_\_\_\_\_\_ degrees respectively.

**B) 90 &amp; 60**

25. A 59 year old male patient is being evaluated for left shoulder pain.  The patient reports that his shoulder pain is closely associated with activity, including stress at work.  The patient reports that at worst, the pain radiates into his neck, and he feels shortness of breath which subsides with rest.

What would the MOST appropriate intervention be?

**D) Begin the patient with rotator cuff exercises within the pain reduced range of motion and instruct patient on activity modification**

26. Although both PROM and AROM are contraindicated under any circumstance when motion to a part is disruptive to the healing process during acute or initial phase of rehabilitation while complete immobility leads to adhesion, contracture formation, sluggish circulation, and a prolonged recovery time. So what to be to done when a patient has undergone a surgical repair of a tendon or ligament?

**D) Resisted exercises**

27. The full range possible at a particular joint is called range of motion.A patient comes to you with limited shoulder movement. What affects the joint range of motion?

**D) Proper movement is depending upon all the mentioned structure.**

28. A patient comes to you with Right hemiplegia. On examination you noted flickering movement of the upper limb muscle. What type of ROM exercise you would likely start with:

**A) Passive Range Of Motion**

29. While performing horizontal abduction and adduction in supine at glenohumeral joint, the patient’s position should be

**A) Shoulder at the edge of the table. The arm is either flexed or abducted 90°**

30. After your therapeutic intervention for 4 weeks you noted some improvement in that the said patient is now able to move forward, hold a glass of water and then trying to bring to his mouth. This type of

exercise is called

**D) Active Range of Motion**

31. \_\_\_\_\_\_\_\_ is a basic technique used for the examination of movement and for initiating movement into a program of therapeutic intervention.

**A) Stretching**

32. ROM activities are most easily described in terms of joint range and muscle range. Terms such as flexion, extension, abduction, adduction, and rotation are used for:

**D) None of the above**

33. A 25 years old young cricketer seeks your advice regarding upper limb strengthening exercises. First you want to assess his muscle range. He performs flexion of elbow with supination while simultaneously performing maximum flexion at shoulder. This is \_\_\_\_\_\_\_\_\_\_

**C) Maximum shortening of brachialis**

34. 40 years old patient is admitted in cardiac ward after bypass surgery. You are asked for therapeutic intervention. What therapeutic intervention will you choose as initial rehabilitation program?

**D) Both A and B**

35. A patient has no symptoms in AROM and with overpressure, the patient’s joint may be:

**B) Needs to be tested further**

36. In cervical spine, disc herniation occurs mostly at the level of:

**D) C6-C7**

37. What movement occurs at the forearm while holding a phone to the ear?

**A) Supination**

38. A patient comes to you with neck pain; you clinically assess the patient and find mild tightness in neck ROM. Now you want to improve his ROM, you laterally flex/bend and rotate the neck towards the right side along with neck flexion and shoulder depression. Which muscle are you stretching?

**A) Levator scapulae of the right side**

39. Sternocleidomastoid stretch involves:

**D) Both A and B**

40. If a person has restricted ROM in the direction of contralateral side flexion along with neck flexion and shoulder depression, which muscle do you suspect as being tight?

**A) Upper trapezius**

41. You are assessing a patient in clinic, when the patient lies down supine; you find out that the coracoid process is pulled inferiorly and anteriorly. This might be the contracture of which of the following muscles?

**D) Pectoralis Minor alone**

42. Erector spinae is the major muscle of back (lumbar). This muscle is tight when there is:

**D) Both A and C**

43. Fill accordingly:

A) Ipsilateral rotation= **Anterior** fibers of scalenes

B) Neutral rotation= **Middle** fibers of scalenes

C) contralateral rotation= **Posterior** fibers of scalenes

44. All are the muscles of neck except:

**D) Levator Scapulae**

45. Upper trapezius can be weak. This statement is:

**A) True**

46. A patient is doing Straight Leg Raise (SLR) and you notice that he flexes his knee while doing SLR. This is an indication of tightness of which muscle?

**D) Both A and C**

47. Piriformis stretch involves all of the following except:

**C) Active flexion of hip to 90 degrees**

48. Scalene muscle has 3 fibers. This statement is:

**A) True**

49. To test the tightness of Tibialis Posterior muscle, the clinician must do the following movements:

**D) None of the above**

50. All of the following are the benefits of CPM except:

**A) Prevents development of adhesions**