**Final-TermAssignment/viva (spring -2020)**

**Therapeutic exercises (LAB)**

**DPT 4th semester**

**Instructor: Dr. M.Jaffar**

**Name : javearia zafar**

**I’d: 14541**

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**
   1. endurance training
   2. power training
   3. strength training
   4. stretching exercises
2. **Ability of contractile tissue to produce tension and a resultant force based on the demands placed on the muscle is called**
   1. muscle strength
   2. power
   3. endurance
   4. 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

1. **The ability to perform low-intensity, repetitive, or sustained activities  
   over a prolonged period of time is called**
2. endurance
3. muscle performance
4. muscle strength
5. force
6. **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**
7. a. Active ROM below 100 degrees
8. b. Passive ROM above 100 degrees
9. c. Passive ROM as tolerated at the level of tissue resistance
10. d. None of the above
11. **Aynamic muscle loading where tension in a muscle develops and physical shortening of the muscle occurs, refers to**
12. concentric exercise
13. eccentric exercise
14. both of the above
15. none of the above
16. **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**
17. isotonic exercises
18. isometric exercises
19. any of the above
20. none of the above
21. **All of the following are exercises for cardiopulmonary fitness except** \_\_\_\_\_\_\_\_.
    1. Walking b. Jogging cycling
    2. Splint d. Swimming

1. **Manual therapy techniques used for \_\_\_\_\_\_\_**
2. modulate pain c. increase ROM
3. 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.**

1. 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 c. During the early 1980s

b. During the early1990s d.During the early 2000