SARDAR PATEL UNIVERSITY

FIRST YEAR BPT EXAMINATION   **No.** _____
EXERCISE THERAPY I (MASSAGE & MANIPULATION)

Date: 8ᵗʰ January 2014   **Max Marks: 80**
Time: 3 Hours (10.30 am To 1.30 pm)

SECTION I (MCQ)   **(20 Marks)**

1) Abduction –Adduction of a hip joint takes place in _____ plane?
   a. Saggital
   b. Frontal
   c. Horizontal
   d. Oblique

2) Frontal Plane divides the body into
   a. Anterior and posterior half
   b. Right and left half
   c. Upper and lower half
   d. Medial and lateral half

3) Action of hamstring muscle flexing the knee is
   a. First order lever
   b. Second order lever
   c. Third order lever
   d. None of above

4) The larger the base of support _____ will be the stability of the body
   a. Greater
   b. Smaller
   c. very minimal
   d. All of the above

5) Massage is contraindicated in
   a. Odema
   b. Thrombosis
   c. Scar
   d. Muscle spasm

6) The quadriceps controls knee flexion by acting_____ during the activities.
   a. Eccentrically
   b. Concentrically
   c. Isotonically
   d. None of the above

7) DOMS is _____
   a. Delayed onset of muscle soreness
   b. Delayed onset of muscle stiffness
   c. Delayed onset muscle of spasm
   d. Delayed onset of muscle spasticity

8) Movement of joint surface is referred to as
   a. Arthrokinematic
   b. Osteokinematic
   c. Kinetics
   d. Pathomechanics

9) Piriformis muscle is a
   a. External rotator of hip
   b. Internal rotator of hip
   c. Abductor of hip
   d. Adductor of hip

10) The extreme Curvature in the Thoracic Region of Spine is called as
   a. Scoliosis
   b. Lordosis
   c. Kyphosis
   d. Primary Spinal Curvature

11) The LOG passes through the body of_____ Vertebrae
    a. L5
    b. S1
    c. S2
    d. L4

12) Sliding is a _____ motion
    a. Rotatory
    b. Translatory
    c. Spin
    d. Glide

13) Range of Motion Can be measured by
    a. Inch tape
    b. Goniometer
    c. Dynamometer
    d. Inclinometer

14) The feature of 1st order lever is
    a. Power
    b. Strength
    c. Endurance
    d. Stability

15) Atlantoaxial joint is _____ type of joint
    a. Hinge
    b. Saddle
    c. Pivot
    d. Ball & Socket

16) Following is not a type of motion
    a. Curvilinear moton
    b. Spherical motion
    c. Linear motion
    d. Angular motion

17) M.A (Mechanical Advantage is _____
    a. MA=W/E
    b. MA=W x E
    c. MA=E/W
    d. MA=W + E

18) Normal range of forearm supination is
    a. $0\text{-}50^0$
    b. $0\text{-}60^0$
    c. $0\text{-}80^0$
    d. $0\text{-}11^0$

19) Following is not an effect of passive movement
    a. Memory of movement
    b. Relaxation
    c. Strengthening
    d. Maintaining ROM

20) In group exercise, the number of patient in any group should not exceed
    a. 8-10
    b. 6-8
    c. 8-12
    d. 4-8

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