

**MASTER OF PHYSIOTHERAPY (MPT)
SEMESTER -II EXAMINATION, JUNE-2026**

(MPT204) ADVANCED PHYSIOTHERAPEUTIC

[Time allotted: Three Hours]

[Max Marks: 100]

Note: Read all the instructions carefully

Answer all questions in serial order, Draw suitable diagrams wherever necessary

Q. 1. Objective type questions: (Attempt All)**(10 x 02 = 20)**

(Very short/ Short answer/ MCQ/ One liners/ Fill in the blanks/ True/False)

- | | |
|--|--|
| <p>a. What type of nerve fibers primarily carry nociceptive signals?</p> <ol style="list-style-type: none"> i. Large myelinated, A-beta fibers ii. Small, unmyelinated C fibers iii. Large, myelinated A-alpha fibers iv. Small, unmyelinated A-delta fibers <p>b. Which of the following is a common symptom of postpartum diastasis recti?</p> <ol style="list-style-type: none"> i. Dyspnea ii. Abdominal bulging iii. Tingling sensation in lower extremities iv. Diaphoresis <p>c. Among following, which is the second stage in motor learning?</p> <ol style="list-style-type: none"> i. Cognitive ii. Repetitive iii. Associative iv. Autonomous <p>d. Value of 1 MET (metabolic equivalent) is?</p> <ol style="list-style-type: none"> i. 3.5 mL/kg body weight/min. ii. 3.0 ml/kg body weight/min. iii. 3.5 L/kg body weight/min. iv. 3.5 mL/kg body weight/ Sec. <p>e. Bobath Stage of Relative recovery focuses on:</p> <ol style="list-style-type: none"> i. Entire movement Pattern ii. Spasticity iii. Specific Movements iv. Synergy Patterns | <p>f. Feeling sensation even after the cessation of stimulus denotes which principle of PNF?</p> <ol style="list-style-type: none"> i. After discharge ii. Irradiation iii. Successive induction iv. Reciprocal induction <p>g. The main goal of the MRP is to:</p> <ol style="list-style-type: none"> i. Focus on passive range of motion ii. Retrain functional movement through task-specific training iii. Reduce pain perception iv. Promote complete bed rest in acute cases <p>h. According to Maitland, what is the purpose of Grade I joint mobilization?</p> <ol style="list-style-type: none"> i. To increase joint mobility ii. To modulate pain iii. To improve joint ROM iv. To relieve muscle spasm <p>i. AROM assessment order in McKenzie:</p> <ol style="list-style-type: none"> i. Flexion, extension, side-gliding ii. Extension, flexion, side-gliding iii. Side-gliding, flexion, extension iv. Side gliding, extension, flexion <p>j. Which hand typically affected first in Dupuytren's contracture?</p> <ol style="list-style-type: none"> i. Dominant hand ii. Non-dominant hand iii. Both hands simultaneously iv. Randomly varies |
|--|--|

Q. 2. Short notes/ Short answer type questions (Attempt any Five)**(05 x 04 = 20)**

- | | |
|--|---|
| <p>a. Assessment of carpal tunnel syndrome</p> <p>b. FITT principle in exercise prescription</p> <p>c. Posture correction in Mckenzie</p> <p>d. Joint protection strategies in Burn</p> <p>e. Bobath Strategies to prevent shoulder Subluxation in Hemiplegics</p> <p>f. Effect of Calcium channel blockers on heart rate</p> <p>g. Mention common facilitatory and inhibitory techniques</p> | <p>CO2 PO1</p> <p>CO1,3 PO1, 5</p> <p>CO3, PO3, 4</p> <p>CO3, PO1</p> <p>CO3, PO2</p> <p>CO5, PO6</p> <p>CO2, PO3</p> |
|--|---|

P.T.O....

Q. 3. Structured questions (Attempt any Three)**(03 x 10 = 30)**

- a. Mulligan Mobilization:
 - i. Patient Assessment CO3 PO5
 - ii. Grades of mobilization CO1 PO3
 - iii. Contraindications CO2 PO1
- b. MRP (motor relearning program):
 - i. Steps of MRP CO1 PO1
 - ii. Principles of MRP CO1 PO1
 - iii. MRP Technique for Oro-motor functioning CO3,5 PO3, 4
- c. Proprioceptive neuromuscular facilitation (PNF):
 - i. Principles CO1 PO1
 - ii. Techniques CO3 PO2
 - iii. Temporal and spatial summation in PNF CO1 PO2
- d. Write in brief about:
 - i. Musculoskeletal problems during pregnancy CO3 PO6
 - ii. Contraindications to exercises during pregnancy CO2PO1
 - iii. PT management of stress incontinence in post-natal phase. CO3,5 PO3

Q. 4. Long Answer/ Essay type questions (Attempt any Two)**(02 x 15 = 30)**

- a. i. Discuss the principles of Brunnstorms, theories, synergy, basic limb synergy
- ii. seven stages of recovery post stroke of Brunnstrom's approach. CO1,2,3, PO1,5
- b. Define relevant lateral shift and its detailed McKenzie management CO1,3,5 PO3,4
- c. Explain composition of exercise prescription along with components of single exercise session in detail. CO1,3,5 PO1,3