



M.P.Th. (Cardiovascular and Respiratory Physiotherapy) (2012)
Examination, Winter 2018

APPLIED PHYSIOTHERAPEUTICS (Part – I) – I

Total Duration : 3 Hours

Total Marks : 100

Instructions : 1) Use **blue/black** ball point pen only.

2) **Do not** write anything on the **blank portion of the question paper**. If written anything, such type of act will be considered as an attempt to resort to unfair means.

3) **All** questions are **compulsory**.

4) The number to the **right** indicates **full** marks.

5) Draw diagrams **wherever** necessary.

6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.

7) Use a common answerbook for all sections.

1. Long answer question : (1×30=30)
Describe dynamics of circulation with reference to paediatric population. Discuss alterations observed in Fallot's Tetralogy.
2. Long answer question : (1×30=30)
Mobilisations techniques used for increasing thoracic mobility. Indications and rationale for the same.
3. Short answer question (**any four** out of five) : (4×10=40)
 - a) Diet modifications needed for juvenile diabetes patient and explain its rationale in relation to exercise prescription.
 - b) Sampling techniques.
 - c) Describe the role of respiratory Physiotherapy in patients of Guillain Barre syndrome.
 - d) Fitness protocols for swimmers.
 - e) Discuss energy expenditure of paraplegic gait.



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1. Long answer question : (1×30=30)
Discuss the developmental biomechanics of the ribcage from a new born child to that of an adult.
 2. Long answer question : (1×30=30)
Discuss energy expenditure during normal gait and gait deviations occurring due to muscular weaknesses.
 3. Short answer question (**any four** out of five) : (4×10=40)
 - a) Discuss non-parametric tests with suitable examples.
 - b) Write a note on reliability and validity.
 - c) Discuss mobilisation techniques used for improving reduced thoracic mobility.
 - d) Dietary recommendations for patients with Chronic obstructive pulmonary disease.
 - e) Note on critical appraisal of a research article.
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 - 7) **Use** a common answerbook for **all** Sections.

1. Long answer question : (1×30=30)
Discuss the Kinematics of respiration and the alteration due to COPD. Write a note on Physiotherapeutic skills to overcome the inefficiency caused due to the disease.

 2. Long answer question : (1×30=30)
Discuss the nutrition and fitness in women of pre and post pubertal age group.

 3. Short answer question (**any four** out of five) : (4×10=40)
 - a) Manual therapy in thoracic pain.
 - b) Gaussian curve.
 - c) Sampling techniques.
 - d) Writing a research proposal.
 - e) Effect of abdominal binder in patients with respiratory dysfunction.
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1. Long answer question. (1×30=30)
 Define posture and discuss good and bad posture. Explain the need for having a good posture, various methods to assess it. Give examples of altered posture in various cardiorespiratory impairments and its effect in turn on the cardiovascular and respiratory system function.
2. Long answer question. (1×30=30)
 Write a note on evidence based practice. Is all published material good ? Discuss the need to evaluate evidence and the different ways of evaluating evidence giving examples. Discuss the terms 'systematic review' and 'meta-analysis' highlighting the difference between the two.
3. Short answer question (**any four** out of five). (4×10=40)
 - a) Discuss the concept of Quality of life as an outcome measure giving examples and different ways of measuring it. Why is it important to measure it ?
 - b) Physical and psycho-social factors determining physical capacity of an elderly.
 - c) Write a note on database and search engines with respect to Physiotherapy literature.
 - d) Exercise physiology in health and disease.
 - e) Discuss the biomechanical, neuro-anatomical and neuro-physiological basis of various types of therapeutic exercises.



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1. Long answer question : (1×30=30)
Discuss the methods of assessment of health-related physical fitness in sedentary population.
 2. Long answer question : (1×30=30)
Discuss changes in cardiorespiratory function with ageing and training.
 3. Short answer question (**any four** out five) : (4×10=40)
 - a) Respiratory biomechanics in patient with Flail Chest.
 - b) Tools for energy conservation in a COPD.
 - c) Role of nutrition in athlete.
 - d) Hypothesis testing.
 - e) Soft tissue mobilization.
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 - 7) **Use** a common answerbook for **all** sections.

1. Long answer question : (1×30=30)
Write the definition of health, fitness according to WHO guidelines. Write a note on exercise physiology in a healthy untrained adult. Write a note on nutrition and fitness for a woman of child bearing age.
2. Long answer question : (1×30=30)
Describe Growth of the pulmonary system from 5 weeks of gestational life to 1 yr. chronological age.
3. Short answer question (**any four** out of five) : (4×10=40)
 - a) Write a note on various sampling techniques.
 - b) Non parametric tests.
 - c) PNF techniques for increasing chest wall mobility.
 - d) Write the role of bioengineering in non surgically managed chest wall deformities.
 - e) Role of diaphragm in respiration.