

## قائمة الاسئلة

## العلاج اليدوي ـ المستوى الثاني ـ قسم علاج طبيعي ـ كلية الطب والعلوم الصحية ـ برامج العلوم الطبية التطبيقية ـ الفترة الثانية ـ درجة الامتحان (70) د/ خالد يحيى عبداالله السياني

- 1) All these factors that may alter joint mechanics except
  - 1) + blood pressure
  - 2) Pain & Muscle guarding
  - 3) Joint hypomobility
  - 4) Joint effusion
- 2) Hollowed or rounded inward is
  - 1) Convex
  - 2) + Concave
  - 3) 1+2
  - 4) Not all
- 3) A series of points on one articulating surface come into contact with a series of points on another surface
  - 1) Slide
  - 2) Spin
  - 3) + Roll
  - 4) Compression
- 4) Which muscle do Shoulder Medial Rotation
  - 1) + Subscapular
  - 2) Supraspinous
  - 3) Infraspinous
  - 4) Teres Minor
- 5) All these neurophysiological effects of mobilization except
  - 1) Stimulates mechanoreceptors
  - 2) Affect muscle spasm & muscle guarding by nociceptive stimulation
  - 3) Increase in awareness of position
  - 4) + improve nutrient exchange
- 6) which is contraindication for Mobilization
  - 1) Limitation ROM
  - 2) Pain
  - 3) + Osteoporosis
  - 4) Muscle guarding
- 7) Grades III Mobilization primarily used for
  - 1) + Limitation ROM
  - 2) Muscle guarding
  - 3) Ligamentous rupture
  - 4) Pain
- 8) Which muscle do Shoulder Abduction
  - 1) + Supraspinous
  - 2) Infraspinous
  - 3) Teres Minor
  - 4) Subscapular
- 9) Active stabilizers of the shoulder include the
  - 1) ligaments
  - 2) capsule
  - 3) + rotator cuff muscles
  - 4) Bone

4 / 1 الصفحة



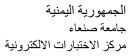
- 10) All these proximal carpal row except
  - 1) pisiform
  - 2) + hamate
  - 3) triquetrum
  - 4) scaphoid
- 11) Pronation requires the
  - 1) + lateral translation of the radial head
  - 2) medial translation of the radial head
  - 3) lateral translation of the ulnar head
  - 4) medial translation of the ulnar head
- 12) Close packed position Humeroulnar joint
  - 1) + Full extension
  - 2) Full flexion
  - 3) full abduction
  - 4) Full adduction
- 13) Which is symptoms of Trigger points
  - 1) Bleeding
  - 2) coma
  - 3) + pain
  - 4) Hypertension
- 14) These are benefits of Trigger points treatment except
  - 1) Reduced pain
  - 2) + Decreased ROM
  - 3) Improved flexibility
  - 4) Improved circulation
- 15) Open packed position of the knee joint is
  - 1) Full Flexion
  - 2) + 10-20° Flexion
  - 3) 60-90° Flexion
  - 4) 90-120° Flexion
- 16) Open packed position of the Subtalar Joint is
  - 1) +  $0.5^{\circ}$  pronation
  - 2) 10-15° pronation
  - 3) 20-25° pronation
  - 4) 30-35° pronation
- 17) All these causes of dysfunction myofacial except
  - 1) Congenital factors
  - 2) Overuse
  - 3) + Gender
  - 4) Postural stresses
- 18) Which is Effects of Stretching
  - 1) Reduce flexibility
  - 2) Reduce performance
  - 3) + Reduce the risk of injury and damage
  - 4) Decreasing the range of motion
- 19) All these Indications for Stretching except
  - 1) Improves the joint range of motion
  - 2) + Acute inflammation
  - 3) Reduce injuries

4 / 2 الصفحة



- 4) Improves posture
- 20) All these Indications for Lymphatic drainage except
  - 1) Lymphedema
  - 2) + Deep venous thrombosis
  - 3) Chronic edema
  - 4) Post surgery swelling
- 21) Mobilization is active joint movement for increasing ROM or decreasing pain
  - 1) TRUE.
  - 2) + FALSE.
- 22) Lymphedema is described as an accumulation of protein and excess lymph fluid
  - 1) + TRUE.
  - 2) FALSE.
- 23) Arthrokinematics is motions of bone surfaces within the joint
  - 1) + TRUE.
  - 2) FALSE.
- 24) Compression is decrease in space between two joint surfaces
  - 1) + TRUE.
  - 2) FALSE.
- 25) Loose-packed position is Joint surfaces are in maximal contact to each other
  - 1) TRUE.
  - 2) + FALSE.
- 26) In mobilizatin Stop the treatment if it is too painful for the patient
  - 1) + TRUE.
  - 2) FALSE.
- 27) Overhead activities predispose an individual to shoulder pain
  - 1) + TRUE.
  - 2) FALSE.
- 28) Subscapularis is do lateral rotation
  - 1) TRUE.
  - 2) + FALSE.
- 29) Three primary osseous strucrures make up the elbow joint: the humerus, the radius, and the ulna.
  - 1) + TRUE.
  - 2) FALSE.
- 30) The elbow also exhibits a small degree of varus and valgus motion during flexion and extension
  - 1) + TRUE.
  - 2) FALSE.
- 31) Knee problems are prevalent in up to 90% of the general population
  - 1) TRUE.
  - 2) + FALSE.
- 32) There are 33 bones and 28 joints in the foot and ankle complex
  - 1) TRUE.
  - 2) + FALSE.
- 33) The Sit and reach test is one of the linear flexibility test
  - 1) + TRUE.
  - 2) FALSE.
- 34) The most common type of stretching is PNF
  - 1) + TRUE.
  - 2) FALSE.
- 35) Maintain the stretched position for 30 seconds or more

4 / 3 الصفحة





- 1) + TRUE.
- 2) FALSE.