



قائمة الاسئلة

العلاج اليدوي - المستوى الثاني - قسم علاج طبيعي - كلية الطب والعلوم الصحية - برامج العلوم الطبية التطبيقية - الفترة الثانية - درجة الامتحان (70)

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- 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





- 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° 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) - 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 mobilization 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 structures 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





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- 1)  TRUE.
  - 2)  FALSE.

