



قائمة الاسئلة 2025-05-14 04:31

العلاج الطبيعي للاصابات الرياضية-الثالث-برامج العلوم الصحية-درجة الامتحان(80)

د. يحيى الرازي

- 1) Ankle sprain is the most common injury in sport estimated by
 - 1) ☒ 50% percent
 - 2) ☐ 20% percent
 - 3) ☐ 30% percent
 - 4) ☐ 60% percent
- 2) Anterior drawer test in the ankle is positive when there is
 - 1) ☒ more than 5mm displacement
 - 2) ☐ 2mm displacement
 - 3) ☐ 4 mm displacement
- 3) One of these exercises is important in late physical rehabilitation in Ankle
 - 1) ☒ Balance and proprioceptive exercises
 - 2) ☐ Isometric exercises
 - 3) ☐ paltes exercises
 - 4) ☐ None of the above
- 4) The mechanism of ankle sprain injury is excessive inversion on already
 - 1) ☐ neutral position
 - 2) ☐ eversion
 - 3) ☐ dorsiflexion
 - 4) ☒ Plantar flexion
- 5) The Best Modalities for Ankle Sprain is
 - 1) ☒ Cryo-therapy with Ultrasound
 - 2) ☐ Shock wave with Tens
 - 3) ☐ IfT with Heat
 - 4) ☐ None of the above
- 6) A knee that is locked at 10 to 30 degrees of flexion may indicate a tear of
 - 1) ☐ PCL
 - 2) ☐ Lateral meniscus
 - 3) ☒ Medial meniscus
 - 4) ☐ All Of Above
- 7) Apleys test is used for test
 - 1) ☐ ACL
 - 2) ☐ PCL
 - 3) ☒ Meniscus
 - 4) ☐ Lat.Collateral Ligament
- 8) after arthroscopic surgery for the patient should ambulate on crutches for
 - 1) ☒ 1-3 days
 - 2) ☐ 10-14 days
 - 3) ☐ 14-21 days
 - 4) ☐ None of the above
- 9) in Meniscal repair rehabilitation the brace should locked in
 - 1) ☐ A.Full Flexion
 - 2) ☒ B.Full Extension
 - 3) ☐ C.slight Knee flexion
 - 4) ☐ A+C



- 10) all of the following are Risk Factors That May Contribute to Patellofemoral Pain Syndrome Except
- 1) - Abnormal patellar tracking, tilt or rotation
 - 2) - Tight patellar retinaculum
 - 3) - Foot malalignment
 - 4) + Hamstring Weakness
- 11) An increase of 10° in the Q angle can increase contact pressure on the patellofemoral joint by
- 1) + 45% percent
 - 2) - 80% percent
 - 3) - 60% percent
 - 4) - 30% percent
- 12) Fairbanks Apprehension Test is used for :
- 1) - Meniscal Tears
 - 2) + Patellofemoral Syndrome
 - 3) - PCL
 - 4) - ACL
- 13) In Patellofemoral pain Particular attention should be paid to strengthening the
- 1) + Vastus medialis oblique
 - 2) - Hamstring Muscle
 - 3) - Hip flexors
 - 4) - Gastrocnemius muscle
- 14) Hypomobility of the patellofemoral will be addressed more affectively by
- 1) + Patellar mobilization
 - 2) - Exercises
 - 3) - Kinesiology Taping
 - 4) - None of the above
- 15) McConnell Tape has been shown to be an effective option to
- 1) - increase mobility
 - 2) - Decrease stiffness
 - 3) + Reduce pain
 - 4) - increase inflammation
- 16) In patellofemoral syndrome Stretching of tight lower limb soft tissue structures. The focus should be on:
- 1) - Hamstring
 - 2) - plantar flexor
 - 3) - ITB
 - 4) + All of the above
- 17) Exercises Physiology is study of the exercises on the body concernd with the body's responses and to the stresss of Exercises
- 1) + adaptation
 - 2) - inhibition
 - 3) - production
 - 4) - None of the above
- 18) in Maximal, short duration exercises Is used exclusively to Produce ATP
- 1) + A.CHO
 - 2) - B.Proteins
 - 3) - C.Fat
 - 4) - A+C
- 19) in Lachman test the knee should be flexed at



- 1) ☒ 20-30 degree
 - 2) ☐ 40-60 degree
 - 3) ☐ 60 -90 degree
 - 4) ☐ more than 90 Degree
- 20) An effective exercise is the four-way straight leg raise in patellofemoral pain syndrome
- 1) ☒ Hip
 - 2) ☐ Knee
 - 3) ☐ Pelvis
 - 4) ☐ Ankle
- 21) Risk factor for adductor strain include
- 1) ☐ Inflexibility.
 - 2) ☐ Previous injury.
 - 3) ☐ Imbalance between adductors and abductors strength.
 - 4) ☒ All of the above
- 22) Grade 1 groin strain the finding there will be
- 1) ☐ Loss of strength
 - 2) ☐ Minimal loss of strength
 - 3) ☒ No loss of strength
 - 4) ☐ loss of balance
- 23) in hip flexor strain when the pain is more pain on resistive hip flexion with the knee in flexion tests for
- 1) ☐ hamstring involvement
 - 2) ☐ hip adductors are involved.
 - 3) ☒ iliopsoas involvement.
 - 4) ☐ rectus femoris involvement.
- 24) Hip adductor strains usually take..... to treat and rehabilitate than hip flexor strains of the same grade.
- 1) ☒ Longer
 - 2) ☐ Shorter
 - 3) ☐ All of the above
 - 4) ☐ None of the above
- 25) in Grade III Graoin strain, isometric exercises between days
- 1) ☐ first day
 - 2) ☒ 3-5 days
 - 3) ☐ 1 week
 - 4) ☐ after 14 days
- 26) Differential diagnosis of Hamistring strain is
- 1) ☐ Lumbosacral referred pain syndrome
 - 2) ☐ Piriformis syndrome
 - 3) ☐ Sacroiliac dysfunction
 - 4) ☒ All of the above
- 27) Phase I of hamstring strain the program will be all of the following except
- 1) ☐ Ice 20 minutes, three times a day
 - 2) ☐ Compression wrap or neoprene sleeve
 - 3) ☐ Electrical muscle stimulation modalities
 - 4) ☒ Laser Therapy
- 28) Phase two of hamstring strain the second and third week after injury we should not do
- 1) ☒ Stretch
 - 2) ☐ Heel slides
 - 3) ☐ Standing hamstring curls



- 4) - Standing or prone SLR hip extension
- 29) When should Begin gentle strengthening in hamstring strain
- 1) - Phase I
 - 2) - Phase II
 - 3) + Phase III
 - 4) - Phase V
- 30) Phase 4 of hamstring strain can start
- 1) - 2 weeks after injury
 - 2) - 4 weeks after injury
 - 3) + 7 weeks after injury
 - 4) - 20 weeks after injury
- 31) in Anterior drawer signs the patient's knee is flexed to
- 1) - 20 degree
 - 2) - 60 degree
 - 3) + 90 degree
 - 4) - 80 degree
- 32) Indications for ACL Surgery is
- 1) - The ACL injured individual is highly athletic
 - 2) - The injured person ,is unwilling to change their active lifestyle.
 - 3) - There are recurrent effusions
 - 4) + All of The above
- 33) Disadvantages of the Bone Patellar Tendon Bone Auto graft for ACL is
- 1) - A.High tensile strength/stiffness
 - 2) - B.Rapid revascularization/biological
 - 3) + C.Pain during kneeling
 - 4) - A+B
- 34) Disadvantages/Complications of the Semitendinosus Gracilis autograft that could take
- 1) - 4 weeks
 - 2) - 7 weeks
 - 3) + 12 weeks
 - 4) - more than 3 months
- 35) During the Maximum Protection Phase (Day 1 to Week 4) after ACL reconstruction, which of the following assistive devices is commonly used for ambulation?
- 1) - Walker
 - 2) + Crutches
 - 3) - Cane
 - 4) - No assistive device
- 36) Which of the following exercises is commonly used in the early phase (Days 1–14) after ACL reconstruction to prevent muscle atrophy?
- 1) - Squat jumps
 - 2) + Isometric quadriceps setting
 - 3) - Sprinting drills
 - 4) - Deep lunges
- 37) Which of the following exercises is introduced during the late phase (Weeks 2–4) of ACL reconstruction rehabilitation?
- 1) - High-impact jumping exercises
 - 2) + Open-chain knee extension (range 40-90 degrees)
 - 3) - Unassisted sprinting drills
 - 4) - Deep squats with heavy resistance



- 38) Which of the following is an important goal during the Moderate Protection Phase (Weeks 4–10) after ACL reconstruction?
- 1) - Returning to competitive sports
 - 2) ☒ + Gaining 4/5 muscle strength
 - 3) - Performing maximal resistance training
 - 4) - Avoiding all weight-bearing activities
- 39) Which of the following is a key goal during the Minimum Protection Phase (Weeks 11–24) after ACL reconstruction?
- 1) - Complete rest from all physical activity
 - 2) ☒ + Increase muscular strength and power
 - 3) - Limit running to slow-paced jogging only
 - 4) - Avoid proprioceptive training
- 40) which one of rehabilitation teams are important to rehabilitate patients with sport injuries
- 1) - Orthopedic doctor
 - 2) - nutritionist
 - 3) ☒ + Physical Therapist
 - 4) - Orthotist

