



قائمة الاسئلة 2025-04-30 04:16

العلاج اليدوي-الرابع-علاج طبيعى-كلية الطب والعلوم الصحية-درجة الامتحان (70)

د/ خالد يحيى السياني

- 1) The convex-concave rule states that when a convex surface moves on a concave surface, the roll and glide occur in the same direction
  - 1) - .TRUE
  - 2) ☒ .FALSE
- 2) Peripheral joint mobilization is a manual therapy technique used primarily to increase muscle strength.
  - 1) - .TRUE
  - 2) ☒ .FALSE
- 3) Supination of the forearm requires medial translation of the radial head.
  - 1) ☒ .TRUE
  - 2) - .FALSE
- 4) The closed-packed position of the glenohumeral (GH) joint is abduction and internal rotation.
  - 1) - .TRUE
  - 2) ☒ .FALSE
- 5) The resting position of the hip is 30° flexion, 30° abduction, and 20° external rotation.
  - 1) ☒ .TRUE
  - 2) - .FALSE
- 6) Trigger point treatment involves applying direct pressure to the affected area.
  - 1) ☒ .TRUE
  - 2) - .FALSE
- 7) The primary goal of trigger point treatment is to increase muscle tension
  - 1) - .TRUE
  - 2) ☒ .FALSE
- 8) Myofascial release techniques must be performed for less than one minute to be effective.
  - 1) - .TRUE
  - 2) ☒ .FALSE
- 9) Fascia has been described as the largest system in the human body because it touches all other structures.
  - 1) ☒ .TRUE
  - 2) - .FALSE
- 10) Tapotement techniques include hacking, beating, and cupping.
  - 1) ☒ .TRUE
  - 2) - .FALSE
- 11) Massage should always be used on fresh muscle injuries to speed up recovery.
  - 1) ☒ .TRUE
  - 2) - .FALSE
- 12) Lymphatic capillaries have a wider diameter than blood capillaries.
  - 1) ☒ .TRUE
  - 2) - .FALSE
- 13) Manual lymphatic drainage uses deep, firm massage strokes to improve circulation.
  - 1) - .TRUE
  - 2) ☒ .FALSE
- 14) Neural mobilization techniques are used to increase adverse mechanical tension on nerves.
  - 1) - .TRUE
  - 2) ☒ .FALSE
- 15) Upper Limb Tension Tests (ULTT) can be used to assess different nerves, such as the median and radial nerves.



- 1) ☒ .TRUE
- 2) ☐ .FALSE
- 16) All these factors that may alter joint mechanics except
  - 1) ☒ blood pressure
  - 2) ☐ Pain & Muscle guarding
  - 3) ☐ Joint hypomobility
  - 4) ☐ Joint effusion
- 17) 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
- 18) Which muscle do Shoulder Medial Rotation
  - 1) ☒ Subscapular
  - 2) ☐ Supraspinous
  - 3) ☐ Infraspinous
  - 4) ☐ Teres Minor
- 19) 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
- 20) which is contraindication for Mobilization
  - 1) ☐ Limitation ROM
  - 2) ☐ Pain
  - 3) ☒ Sever Osteoporosis
  - 4) ☐ Muscle guarding
- 21) Grades III Mobilization primarily used for
  - 1) ☒ Limitation ROM
  - 2) ☐ Muscle guarding
  - 3) ☐ Ligamentous rupture
  - 4) ☐ Pain
- 22) Which muscle do Shoulder Abduction
  - 1) ☒ Supraspinous
  - 2) ☐ Infraspinous
  - 3) ☐ Teres Minor
  - 4) ☐ Subscapular
- 23) Active stabilizers of the shoulder include the
  - 1) ☐ ligaments
  - 2) ☐ capsule
  - 3) ☒ rotator cuff muscles
  - 4) ☐ Bone
- 24) 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
- 25) Close packed position Humeroulnar joint
  - 1) ☒ Full extension



- 2) - Full flexion  
3) - full abduction  
4) - Full adduction
- 26) What is the recommended duration for applying pressure on a trigger point?  
1) - 10 seconds  
2) ☒ 30 seconds  
3) - 1 minute  
4) - 5 minutes
- 27) Which of the following describes the effect of applying direct pressure to a trigger point?  
1) - It increases pain permanently  
2) ☒ It helps break up adhesive fibers and toxins  
3) - It causes muscle atrophy  
4) - It weakens the muscle permanently
- 28) Which of the following mechanoreceptors is involved in Myofascial Release?  
1) - Pacini  
2) - Golgi  
3) - Ruffini  
4) ☒ All of the above
- 29) Which of the following is a benefit of Myofascial Release?  
1) - Increased muscle stiffness  
2) ☒ Decreased pain  
3) - Reduced blood circulation  
4) - Increased muscle tension
- 30) Which of the following is a mechanical effect of therapeutic massage?  
1) - Increasing joint stiffness  
2) ☒ Removing dead surface cells and improving gland function  
3) - Increasing anxiety  
4) - Decreasing circulation
- 31) Which of the following massage techniques is best for breaking up adhesions?  
1) - Tapotement  
2) - Vibration  
3) - Effleurage  
4) ☒ Friction
- 32) Which of the following is NOT part of the lymphatic system?  
1) - Spleen  
2) - Tonsils  
3) ☒ Liver  
4) - Thymus
- 33) Which of the following is a contraindication for lymphatic drainage?  
1) - Post-surgery swelling  
2) - Chronic edema  
3) ☒ Deep vein thrombosis  
4) - Lymphedema
- 34) What is the main goal of neural mobilization?  
1) - To increase nerve compression  
2) ☒ To improve neural axonal transport and blood flow  
3) - To decrease muscle flexibility  
4) - To prevent nerve movement
- 35) Which test is used to assess femoral nerve tension?



- 1) - Straight Leg Raise (SLR)
- 2) - Upper Limb Tension Test (ULTT)
- 3) + Prone Knee Bend Test
- 4) - Passive Neck Flexion (PNF)