



قائمة الاسئلة 2025-05-25 08:33

علاج طبيعي لامراض المسنين-الرابع -علاج طبيعي-كلية الطب والعلوم الصحية-درجة الامتحان(80)

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- 1) What is aging best defined as?
  - 1) - A temporary illness
  - 2) - A reversible condition
  - 3) + A progressive and generalized impairment of function
  - 4) - A sudden health decline
- 2) Which is an indication for geriatric physiotherapy referral?
  - 1) - Skin rash
  - 2) + Decreased endurance for ADLs
  - 3) - Headache
  - 4) - Blurred vision
- 3) Which of the following is NOT a typical change in aging muscle tissue?
  - 1) + Increased mitochondria
  - 2) - Decreased ATP and glycogen
  - 3) - Increased fat and fibrous tissue
  - 4) - Slower recovery time
- 4) With aging, synovial fluid volume decreases due to:
  - 1) - Increased cartilage thickness
  - 2) - Increased blood flow
  - 3) + Decreased blood flow
  - 4) - None of the all
- 5) Which exercises are contraindicated for osteoporotic patients?
  - 1) + Flexion exercises
  - 2) - Walking
  - 3) - Extension exercises
  - 4) - Chin tucks
- 6) Which posture-related deformity is commonly associated with osteoporosis?
  - 1) - Scoliosis
  - 2) - Lordosis
  - 3) + Kyphosis
  - 4) - Flat back
- 7) Which joints are most commonly affected in Rheumatoid Arthritis (RA)?
  - 1) - Hips and spine
  - 2) + MCP and PIP joints of hands & MTP of feet
  - 3) - Neck and shoulders
  - 4) - Knees and hips
- 8) Which splint is commonly used for Swan-neck deformity?
  - 1) - Hinged MCP joint splint
  - 2) + Silver-ring splint
  - 3) - Wrist cock-up splint
  - 4) - Knee immobilizer
- 9) Which of the following is not a risk factor for knee osteoarthritis?
  - 1) - Obesity
  - 2) - High-impact sports
  - 3) + Smoking
  - 4) - Previous knee injury



- 10) What is the target range of motion (ROM) during Phase I rehab after Total knee arthroplasty?
- 1) - 0–60°
  - 2) - 0–90°
  - 3) + 0–100°
  - 4) - 0–135°
- 11) Which type of prosthesis is recommended for patients with poor-quality bone?
- 1) + Cemented prosthesis
  - 2) - Silicone implant
  - 3) - Cementless prosthesis
  - 4) - Metal-on-metal prosthesis
- 12) Which neurotransmitter is primarily depleted in Parkinson's Disease?
- 1) - Acetylcholine
  - 2) + Dopamine
  - 3) - Serotonin
  - 4) - Norepinephrine
- 13) Which is not one of the six cardinal motor features of Parkinson's Disease?
- 1) - Rigidity
  - 2) + Ataxia
  - 3) - Bradykinesia
  - 4) - Tremor at rest
- 14) Which of the following is the most common type of stroke?
- 1) - Hemorrhagic stroke
  - 2) + Ischemic stroke
  - 3) - Transient ischemic attack
  - 4) - Embolic stroke
- 15) Which of the following is a modifiable risk factor for stroke?
- 1) - Age over 55
  - 2) - Gender
  - 3) - Family history
  - 4) + Smoking
- 16) What is the most common cause of Coronary Artery Disease (CAD)?
- 1) - Myocarditis
  - 2) - Pericarditis
  - 3) + Atherosclerosis
  - 4) - Cardiomyopathy
- 17) Which symptom is associated with myocardial infarction?
- 1) + Chest pain
  - 2) - Abdominal bloating
  - 3) - Joint pain
  - 4) - Blurred vision
- 18) What is the goal of pulmonary rehabilitation?
- 1) - Cure COPD
  - 2) + Improve physical and psychological functioning
  - 3) - Reduce medication usage
  - 4) - Avoid exercise
- 19) Which of the following breathing techniques is part of pulmonary rehabilitation?
- 1) + Pursed-lip breathing
  - 2) - Fast shallow breathing
  - 3) - Snoring exercises





- 4) - Mouth puffing
- 20) Which sensory impairment is considered the most common disability among older adults?
- 1) - Visual impairment
- 2) + Hearing loss
- 3) - Taste loss
- 4) - Smell loss
- 21) Aging is a reversible process.
- 1) - TRUE.
- 2) + FALSE.
- 22) One of the goals of geriatric rehabilitation is to reduce pain and increase independence.
- 1) + TRUE.
- 2) - FALSE.
- 23) The epidermis becomes more effective at keeping out microorganisms with age.
- 1) - TRUE.
- 2) + FALSE.
- 24) Aging can lead to decreased reflex response and coordination
- 1) + TRUE.
- 2) - FALSE.
- 25) Osteoporosis is often called the "silent disease."
- 1) + TRUE.
- 2) - FALSE.
- 26) Posture correction is a key component of osteoporosis physiotherapy.
- 1) + TRUE.
- 2) - FALSE.
- 27) Cryotherapy is used during the acute inflammatory stage of RA.
- 1) + TRUE.
- 2) - FALSE.
- 28) Boutonniere deformity involves PIP joint extension and DIP joint flexion.
- 1) - TRUE.
- 2) + FALSE.
- 29) CPM (Continuous Passive Motion) machines are used after surgery to improve knee ROM.
- 1) + TRUE.
- 2) - FALSE.
- 30) Weight-bearing is usually restricted completely after total knee arthroplasty.
- 1) - TRUE.
- 2) + FALSE.
- 31) Parkinson's is more common in women than in men.
- 1) - TRUE.
- 2) + FALSE.
- 32) Weight-supported ambulation training can improve gait in PD patients.
- 1) + TRUE.
- 2) - FALSE.
- 33) Stroke is also known as a cerebrovascular accident (CVA).
- 1) + TRUE.
- 2) - FALSE.
- 34) Depression post-stroke can negatively impact rehabilitation outcomes.
- 1) + TRUE.
- 2) - FALSE.
- 35) Myocardial infarction can result from prolonged coronary artery spasm.



- 1) ☒ TRUE.  
2) ☐ FALSE.
- 36) Regular exercise is discouraged in patients recovering from CAD.  
1) ☐ TRUE.  
2) ☒ FALSE.
- 37) Exercise training in pulmonary rehab has no benefit on muscle function.  
1) ☐ TRUE.  
2) ☒ FALSE.
- 38) COPD is a curable disease.  
1) ☐ TRUE.  
2) ☒ FALSE.
- 39) Falls are the leading cause of injury deaths in people over age 65.  
1) ☒ TRUE.  
2) ☐ FALSE.
- 40) Proprioception is the awareness of body positioning.  
1) ☒ TRUE.  
2) ☐ FALSE.