

LIFELINE INSTITUTE OF PHYSIOTHERAPY
THIRD INTERNAL EXAMINATION

Subject -KINESIOLOGY

Time -15 min

Date -

INSTRUCTIONS: Read each statement carefully and **ENCIRCLE** the **LETTER** of the correct answer.

MULTIPLE CHOICE QUESTIONS

1×10=10 marks

1. _____ is not considered as true joint of shoulder
 - a) Acromioclavicular joint
 - b) Sternoclavicular joint
 - c) Scapulothoracic joint
 - d) Glenohumeral joint

2. Closed packed position for the hip joint is
 - a) Combined flexion, abduction and lateral rotation
 - b) Extension with slight abduction & medial rotation
 - c) Flexion, slight abduction & mid rotation
 - d) Extension with slight adduction & lateral rotation

3. Which derived standing position is commonly used for improving balance and postural control ?
 - a) Side Lying
 - b) Supine hook Lying
 - c) Long Sitting
 - d) Half Kneeling

4. Normal range for angle of inclination of humerus is
 - a) 90°-110°
 - b) 100°-130°
 - c) 140°-160°
 - d) 130°-150°

5. _____ is the thickest & strongest ligament of the hip joint.
- a) Ligamentum teres
 - b) Iliofemoral ligament
 - c) Pubofemoral ligament
 - d) Ischiofemoral ligament
6. Main advantage of derived hanging positions in exercise therapy is
- a) To improve stability
 - b) Reducing pressure on intervertebral discs
 - c) To improve balance
 - d) Increasing ankle dorsiflexion
7. Scapular winging results from the paralysis of
- a) Serratus anterior
 - b) Supraspinatus
 - c) Infraspinatus
 - d) Deltoid
8. Combination of _____, _____ & _____ is called frog-leg position
- a) Extension, abduction & slight lateral rotation
 - b) Flexion, adduction & slight lateral rotation
 - c) Flexion, abduction & slight medial rotation
 - d) Flexion, abduction & slight lateral rotation
9. Which derived sitting position corresponds to Padmasana in yoga?
- a) Crook sitting
 - b) Cross legged sitting with feet on opposite thighs
 - c) Side sitting
 - d) Long sitting
10. In elevation of SC joint, lateral end of clavicle will move_____.
- a) downward
 - b) upward
 - c) All of the above
 - d) None of the above

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Time-1 hour 15 min

Short Answer Questions (ANY 4)

4×5=20 marks

1. Explain the static & dynamic stabilization of shoulder joint
2. Explain the trabecular system of hip joint.
3. Write about scapulohumeral rhythm in detail.
4. Classify the positions derived from standing & write muscle work for the same.
5. Short note on acromioclavicular joint.