

LIFELINE INSTITUTE OF PHYSIOTHERAPY

FIRST INTERNAL EXAMINATION

Subject: **KINESIOTHERAPY**

Date: 18/02/2025

Time: 15 min

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

MULTIPLE CHOICE QUESTIONS

1×10=10 Marks

1. In effleurage the hands move
 - a. In the direction of gravity
 - b. In the direction of lymph and venous flow
 - c. To lateral direction
 - d. From posterior to anterior direction
2. When measuring elbow flexion, stationary arm of the goniometer should be aligned along the
 - a. Humerus
 - b. Radius
 - c. Ulna
 - d. Fifth metacarpal
3. Which asana is also known as 'Lotus pose'?
 - a. Gomukhasana
 - b. Padmasana
 - c. Sarvangasana
 - d. Bhujangasana
4. Which of the following is not the principle of suspension therapy?
 - a. Pendulum
 - b. Resistance
 - c. Friction
 - d. Eliminating gravity movement
5. A therapist designs treatment plan of a patient with myositis ossificans. Which treatment is contraindicated during the acute stage?
 - a. Rest
 - b. Active assisted range of motion
 - c. Isometrics
 - d. Massage

6. Single sling in suspension therapy is used to support which of the following joint?
- Elbow
 - Knee
 - Wrist and elbow
 - All of the above
7. A therapist performs goniometric measurements for elbow flexion for a patient in supine lying. In order to isolate elbow flexion, therapist should stabilize the
- Distal end of the humerus
 - Proximal end of the humerus
 - Distal end of the ulna
 - Proximal end of the radius
8. Kneading, wringing and rolling are all specific variations of which basic massage techniques?
- Effleurage
 - Vibration
 - Petrissage
 - Tapotment
9. The word 'Yoga' is derived from the Sanskrit word _____
- Yuj
 - Yog
 - Yogeya
 - Yoja
10. Which of the following instrument is used to adjust the length of the rope in suspension therapy?
- Supporting rope
 - Wooden cleat
 - Pulley
 - Slings

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SHORT ANSWER QUESTIONS (any 4)

4×5=20 marks

1. Describe different types of goniometer.
2. Write down the principles of relaxation.
3. Define Yoga. Discuss any 2 asanas in detail.
4. Explain the techniques of massage.
5. Define suspension therapy and explain the instruments of suspension therapy