



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCE
DEPARTMENT OF REHABILITATION MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY
END OF JANUARY-APRIL 2026 TRIMESTER EXAMINATIONS**

UNIT CODE: PHT 332 **UNIT NAME: Women health in physiotherapy**
DATE: 14th April 2026
TIME: TWO HOURS
START: 6PM **STOP : 8PM**

INSTRUCTIONS (physical exams)

1. Do not write on this question paper
(Marks and questions distribution as per program curriculum.)

INSTRUCTIONS (Online examinations)

1. This exam is marked out of 70 marks
2. This online exam shall take 2 Hours
3. Late submission of the answers will not be accepted
4. Ensure your web-camera is on at all times during the examination period
5. No movement is allowed during the examination
6. Idling of your machine for 5 min or more will lead to lock out from the exam
7. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
8. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
9. In case you have any questions call the invigilator for this exam on Tel. 0705833434 and or the Head of Department on Tel 0720491032
10. For adverse incidences please write an email to:
amiu.examinations@amref.ac.ke

Multiple Choice Questions (1 mark each)

1. The most significant postural change during pregnancy is:
 - A. Reduced lumbar curvature
 - B. Increased lumbar lordosis
 - C. Flattened thoracic spine
 - D. Posterior pelvic tilt
2. The hormone primarily responsible for softening pelvic ligaments during pregnancy is:
 - A. Oestrogen
 - B. Relaxin
 - C. Progesterone
 - D. Oxytocin
3. Which pelvic floor muscle contributes most to urethral closure pressure?
 - A. Coccygeus
 - B. Pubococcygeus
 - C. Iliococcygeus
 - D. Piriformis
4. A physiotherapist assessing a patient with pelvic pain should first:
 - A. Begin internal examination
 - B. Take a detailed subjective history
 - C. Start relaxation therapy
 - D. Prescribe medication
5. The safest exercise position during the third trimester is:
 - A. Supine
 - B. Side-lying
 - C. Prone
 - D. Seated upright with trunk flexion
6. Pelvic floor dysfunction leading to urinary incontinence is most often due to:
 - A. Pelvic muscle overactivity
 - B. Pelvic muscle weakness
 - C. Pelvic organ prolapse
 - D. Nerve compression
7. A woman who experiences pain during intercourse (dyspareunia) may benefit most from:
 - A. Pelvic floor relaxation and stretching
 - B. Intensive strengthening
 - C. Vibration therapy
 - D. Abdominal crunches
8. The first sign of diastasis recti abdominis is:
 - A. Abdominal doming when lifting the head
 - B. Pelvic pain
 - C. Umbilical hernia
 - D. Stretch marks
9. During a breast examination, dimpling of the skin may indicate:
 - A. Infection
 - B. Benign cyst

- C. Underlying malignancy
 - D. Hormonal imbalance
10. The most important breathing technique during the first stage of labor is:
- A. Shallow breathing
 - B. Deep diaphragmatic breathing
 - C. Valsalva maneuver
 - D. Breath-holding
11. Which of the following is not a contraindication for exercise during pregnancy?
- A. Placenta previa
 - B. Premature rupture of membranes
 - C. Controlled mild back pain
 - D. Uncontrolled hypertension
12. The pudendal nerve arises from spinal roots:
- A. L1–L3
 - B. L4–S1
 - C. S2–S4
 - D. S5–Co1
13. The key physiotherapy management strategy for stress incontinence is:
- A. Pelvic floor strengthening
 - B. Abdominal curls
 - C. Cryotherapy
 - D. Posture correction only
14. Which physiotherapy intervention prevents venous stasis during the postpartum period?
- A. Bed rest
 - B. Early ambulation and ankle pumps
 - C. Heavy lifting
 - D. Deep squats
15. The most suitable relaxation method during labor is:
- A. Music therapy and guided breathing
 - B. Breath-holding
 - C. High-intensity aerobic work
 - D. Continuous muscle contraction
16. The perineal body provides attachment for all the following **except**:
- A. Bulbospongiosus
 - B. External anal sphincter
 - C. Transverse perineal muscles
 - D. Piriformis
17. Pelvic organ prolapse is commonly associated with:
- A. Multiparity and weak connective tissue
 - B. Overactive pelvic muscles
 - C. High-impact training
 - D. Short pelvic cavity
18. The main objective of antenatal physiotherapy education is to:
- A. Teach advanced resistance training
 - B. Promote awareness, posture, and pelvic health
 - C. Reduce mobility
 - D. Restrict breathing patterns

19. A physiotherapist treating a patient after cesarean section should avoid:
 - A. Early mobilization
 - B. Deep abdominal contractions on day one
 - C. Breathing exercises
 - D. Circulatory exercises
20. Lymphoedema after mastectomy occurs primarily due to:
 - A. Infection
 - B. Lymphatic obstruction
 - C. Blood pooling
 - D. Nerve injury
21. A client presenting with sudden urinary leakage upon coughing likely has:
 - A. Stress incontinence
 - B. Urge incontinence
 - C. Overflow incontinence
 - D. Functional incontinence
22. In pelvic floor assessment, the Oxford grading system evaluates:
 - A. Endurance
 - B. Strength
 - C. Coordination
 - D. Pain
23. A postpartum woman with diastasis recti should initially avoid:
 - A. Pelvic tilts
 - B. Bridging
 - C. Curl-ups
 - D. Pelvic floor contraction
24. When performing manual lymphatic drainage, the movement of strokes should be:
 - A. Random
 - B. Toward the lymph nodes
 - C. Away from lymph nodes
 - D. Circular without direction
25. A typical symptom of pelvic girdle pain is:
 - A. Pain during stair climbing and rolling in bed
 - B. Constant pain in the arm
 - C. Burning pain in the chest
 - D. Pain radiating to the toes
26. Which of the following best describes the physiological cardiovascular change during pregnancy?
 - A. Decreased cardiac output
 - B. Increased blood volume and heart rate
 - C. Reduced plasma volume
 - D. Slower circulation
27. Preoperative physiotherapy in gynecologic surgery focuses on:
 - A. Rest only
 - B. Education, breathing, and early mobility planning
 - C. Resistance training
 - D. Medication administration
28. The correct technique for pelvic floor strengthening includes:
 - A. Holding contraction for 5–10 seconds and relaxing
 - B. Constant contraction without rest

- C. Straining during voiding
 - D. Abdominal co-contraction only
29. Which statement about exercise during pregnancy is true?
- A. It improves maternal fitness and reduces fatigue
 - B. It restricts fetal growth
 - C. It increases joint stiffness
 - D. It causes preterm labor in all women
30. The primary goal of postpartum physiotherapy is to:
- A. Promote early recovery and pelvic floor rehabilitation
 - B. Increase abdominal pressure
 - C. Limit mobility
 - D. Induce fatigue
31. According to ACOG, in the absence of either medical or obstetric complications, 15 minutes or more of moderate exercise a day on most days of the week is recommended for pregnant women.
- A) True
 - B) False
32. When incorporating muscle energy techniques for pubic symphysis pain you want to instruct your client to ___ energy
- A. Maximal and gentle
 - B. Maximal and hard
 - C. Submaximal and gentle
 - D. Submaximal and hard
33. An absolute indication for a C-section is
- A. Repeat C-section
 - B. Fetal distress
 - C. Placenta previa
 - D. Breech presentation
34. Your client experienced a perineal tear that involved the skin, fat, muscle, and anal sphincter. What is the tear grade?
- A. First
 - B. Second
 - C. Third
 - D. Fourth
35. Your client experienced a perineal tear that involved the skin, fat, and muscle. What is the tear grade?
- A. First
 - B. Second
 - C. Third

D. Fourth

36. Your client reports hemorrhoids postpartum and experiencing discomfort. What may be contributing to this?
- A. Sidelying while feeding
 - B. Increase strain on rectal veins
 - C. Diarrhea
 - D. Underactive pelvic floor muscles
37. Which is considered good biomechanics for a mom
- A. Use of pillow support behind the small of her back to avoid slouching
 - B. Lifting an item and turning body at the same time
 - C. Always holding their child on the same hip
 - D. Bending forward at the stove to prepare meals
38. Back pain that lasts more than 14 days postpartum is considered post epidural pain
- A) True
 - B) False
39. Palpation exam of the trunk and lower extremities includes all EXCEPT:
- A. DRA
 - B. Ability to isolate TrAb
 - C. Pubis symphysis separation
 - D. General postural examination
40. A client experiences a nerve injury during pregnancy that resolved in 2 months. What is the classification?
- A. Neuropraxia
 - B. Axonotmesis
 - C. Neurotmesis
 - D. Axonopraxia
41. A client, during their initial evaluation, reported knee buckling and sensory loss throughout her anterior thigh above the knee. You make note of pain relief with hip flexion and external rotation. Which nerve is involved?
- A. Obturator
 - B. Femoral
 - C. Pudendal
 - D. Sciatic

42. A client reports paresthesia and pain radiating down the lateral and anterolateral thigh and you make note of no associated motor weakness. Which nerve is involved?
- A. Lateral femoral cutaneous
 - B. Obturator
 - C. Pudendal
 - D. Sciatic
43. A client experienced a compression of the lateral femoral cutaneous nerve. What would be the diagnosis?
- A. Sciatica
 - B. Overactive obturator
 - C. Meralgia Paresthetica
 - D. Pudendal neuralgia
44. During examination you discover your patient has adductor muscle weakness and diminished sensation in the medial thigh. Which nerve is involved?
- A. Lateral femoral cutaneous
 - B. Obturator
 - C. Pudendal
 - D. Sciatic
45. Your patient reports an increase in pain with prolonged walking and groin pain. During your examination you discover an increase in pain with hip internal rotation and external rotation, pain with light touch and no motor weakness. Which nerve is involved?
- A. Genitofemoral
 - B. Iliohypogastric
 - C. Ilioinguinal
 - D. Obturator
46. You are educating your patient on the proper use of a TENS unit during labor and birth. Where do you tell them to place the 2 channels?
- A. C7-T5 & T8-T10
 - B. T10- L1 & S2-4
 - C. T12-L4 & S2-4
 - D. C7-T5 & T12-L4
47. You are working to restore your pregnant patient to their prior level of functioning. You want to focus on
- A. Postural instructions & bladder emptying techniques
 - B. Correct breathing patterns & workplace ergonomics
 - C. Correct breathing patterns & bowel management
 - D. Biofeedback & postural instructions
48. Exercise in early and mid pregnancy slows down placental growth
- A. True

- B. False
49. The World Health Organization defines normal term for birth as between
- A. 35-36 weeks
 - B. 37-42 weeks
 - C. 42-45 weeks
 - D. 30-35 weeks
50. What would you encourage your client to do during pregnancy to manage constipation?
- A. Sleep 8 hours a night
 - B. Reduce fiber intake
 - C. Increase water intake
 - D. Sit more often
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- C. Ilioinguinal
- D. Obturator

56. If you wanted to assess your client to determine if they are experiencing pain from their SIJ you would use this test:

- A. Stork test
- B. Active Straight leg raise
- C. Gaenslen's
- D. Modified Trendelenburg

57. You are working to restore your pregnant patient to their prior level of functioning. You want to focus on

- A. Postural instructions & bladder emptying techniques
- B. Correct breathing patterns & workplace ergonomics
- C. Correct breathing patterns & bowel management
- D. Biofeedback & postural instructions

58. Exercise in early and mid-pregnancy slows down placental growth

- A) True
- B) False

59. Your patient is experiencing obstructive voiding. What kind of pelvic floor muscle condition would your patient be diagnosed with?

- A. Normal
- B. Underactive
- C. Overactive
- D. Non-functioning

60. Your treatment goal during pregnancy is to:

- A. Optimize posture to optimize unload
- B. Reduce pelvic floor muscle activity
- C. Focus on dynamic control of lumbopelvic orientation
- D. Only train control during static lumbopelvic position

61. All of these special tests are considered pelvic provocation tests EXCEPT:

- A. FABER test
- B. Modified Trendelenburg
- C. Active SLR
- D. Thigh thrust

62. You decide to use this test to assess if your client has transient osteoporosis of the hip:

- A. Hip scour
- B. FADIR
- C. Patellar-pubic percussion test

D. FABER

63. Cancer is the _____ leading cause of death in Kenya.
- A. 1st
 - B. 2nd
 - C. 3rd
 - D. 4th
64. What is considered the gold standard for DRA measurement
- A. Tape measurement
 - B. Ultrasound
 - C. Finger
 - D. Caliper
65. Goals for treatment with pelvic girdle pain include:
- A. Decrease load transfer ability
 - B. Do not address pain
 - C. Maximize asymmetrical movements
 - D. Normalize symmetrical gait pattern.
- 66.

31.

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