



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF HEALTH SCIENCES
DEPARTMENT OF REHABILITATION MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY
END OF TRIMESTER EXAMINATIONS

UNIT CODE: PHT 134

DATE: 15th APRIL 2024

TIME: 9AM-11Am

UNIT NAME: PHYSIOTHERAPY PRINCIPLES AND PROCEDURES

INSTRUCTIONS

- 1. All students will have three (2) hours to complete the examination**
- 2. This is an online exam, Attempt all questions as per the instruction**
- 3. It is the student's responsibility to report any page and number missing in this paper.**
- 4. DO NOT WRITE ON THE QUESTION PAPER**

SECTION A: MULTIPLE CHOICE QUESTIONS (30 Marks)

1. Which statement is not true about the range of motion exercises?
 - A. Range of motion exercises can improve joint function.
 - B. The goal of these exercises is to gently increase range of motion while decreasing pain, swelling and stiffness.
 - C. There are three types of range of motion exercises.
 - D. There are four types of range of motion exercises.
 - E. Only a & b are true.

2. Which of the following is not one of the considerations during rehabilitation (therapeutic exercise)?
 - A. Short term goals as well as long term goals for rehabilitation must be planned.
 - B. The rehabilitation program must be followed and the activities must be paced as recovery takes place.
 - C. The targets and set-backs must not be shared with the family and friends.
 - D. The regular reviews of the progress and targets with the physiotherapist must be done to maintain realistic progress plans.
 - E. A & B only.

3. Which of the following is true about how physiotherapy exercises can help the elderly population?
 - A. The physiotherapist can help improve balance to reduce the risk of falling
 - B. Physiotherapists can also help strengthen bones.
 - C. The physiotherapist can advise a patient on activities to suit their needs
 - D. All of the above

4. During client-therapist interview while doing the subjective assessment of a patient with low back pain, you notice there is a communication breakdown, which statement is true about communication?
- A. The most important aspect that health professionals have to master.
 - B. All clients get nervous when they get to the hospital.
 - C. The therapist should be the one doing the talking all the time.
 - D. Patient should do most of the talking.
 - E. The entire answers above are true.
5. _____ is the process of making clinical judgments, based on examination data, to create a problem list for each patient.
- A. Examination.
 - B. Evaluation.
 - C. Treatment.
 - D. Prognosis.
 - E. None of the above.
6. The following are types of documentation except?
- A. Written.
 - B. Dictated.
 - C. Typed.
 - D. Electronic.
 - E. None of the above.
7. Physical therapist is working in an outpatient orthopedic clinic. During the patient's history the patient reports, "I tore 3 of my 4 Rotator cuff muscles in the past." The following characteristics have been shown in the documentation, except?
- A. Accuracy.
 - B. Specific.
 - C. Clarity.
 - D. Realistic
 - E. Abbreviations.

8. Which of the following is not one of the reasons why health professionals need to keep good record of the care given to patients/clients?
- A. To make sure the care and treatment can continue to be given safely no matter which staff on duty, 24 hours a day, and seven days a week
 - B. To record the care that has been given to the patient/client
 - C. To make sure there is accurate record to be used as evidence when there is an important complaint from a patient/client about the care they received.
 - D. To avail the information to anybody who needs it.
9. During documentation of a patient clinical file preoperative of the abdominal region, the following is not true about hypothesis except _____
- A. Determining the nature of the condition.
 - B. Determining the proper treatment.
 - C. Determining the extent of severity.
 - D. Determining the outcome of the condition.
 - E. Determining the extent of irritability.
10. Which one of the following is a joint problem?
- A. Osteoarthritis.
 - B. Athlete's foot.
 - C. Diabetes.
 - D. Obesity.
 - E. Only a & b.
11. Which of the following is not one of the FOUR primary vital signs?
- A. Blood pressure
 - B. Temperature
 - C. Heart rate
 - D. Dizziness.

12. While assessing a young woman, respiratory rate varies with age. What is the normal reference for an adult?
- A. 16/20 breaths/minute
 - B. 4-10 breaths/minute
 - C. 20-30 breaths/minute
 - D. 1-3 breaths/minute.
13. A normal blood pressure would be 120/80mmHg. What is the pulse pressure?
- A. 40mmHg
 - B. 200mmHg
 - C. 2/2mmHg
 - D. None of the above.
14. Which statement is not true about vital signs?
- A. Vital signs (Often shortened to just vitals) are a group of the 4 to 6 most important signs that indicate the status of the body's vital (life-sustaining) functions.
 - B. Vitals signs are taken to help assess the general physical health of a person
 - C. Vital signs give cues to possible diseases, and show progress towards recovery
 - D. The normal ranges for a person's vital signs do not vary with age, weight and gender.
15. The pulsimeter is used to measure?
- A. Oxygen saturation
 - B. Glucose level
 - C. Sodium level
 - D. Blood pressure

16. The pulse rate is commonly taken from the following areas except from:

- A. The wrist (Radial pulse)
- B. The elbow (brachial artery)
- C. The neck (Carotid artery)
- D. The neck (The vertebral artery)
- E. The foot (Dorsalis pedis)

17. 21. Whilst attending to a patient, clinicians clinically read notes with regards to the patient, why do clinicians read the notes? Reading gives.....

- A. An impression of the Co morbid conditions.
- B. Causes for surgery.
- C. Any other note by the surgeon/physician.
- D. Respiratory assessment.
- E. All the above.

18. The following part of an instrument (stethoscope) plays an important role during assessment, name the apart in the diagram bellow?



- A. Diaphragm.
- B. Stethoscope.
- C. The bulb.
- D. Thermometer.

19. The instrument in the question above is used during?
- A. Chest expansion test.
 - B. Auscultation.
 - C. Doing percussion note.
 - D. None of the above.
20. What is the first thing to do during clinical practice and cannot see a patient post abdominal surgery you were assigned to treat?
- A. Leave the clinical practice area and go home and rest.
 - B. Document on the file that you were unable to trace the patient.
 - C. Inquire with the nurses responsible for the ward of your clinical practice.
 - D. You should do all the above.
21. Post abdominal surgery, you performed the following test while the patient was unaware, “Patient sat comfortably on the chair, expose the chest region, took reading with a stop watch for one minute. The final reading was 24 breaths per minute.” Which test did you carry out?
- A. Heart rate.
 - B. Pulse rate.
 - C. Temperature.
 - D. Respiratory rate.
22. From which of the following civilizations is massage therapy said to originate?
- A. Chinese
 - B. Japanese
 - C. Indians
 - D. Greeks

23. The sequences and directions of Swedish massage strokes are most adapted to which anatomical situation?
- A. Muscle Attachments
 - B. Subcutaneous adipose tissue
 - C. Autonomic nervous system
 - D. Lymph drainage and venous return
24. Reflexive physiological effects
- A. Are generally a result of nervous system responses are directly produced by the massage therapist
 - B. Include desquamation of dead skin cells and assisting lymphatic and venous circulation
 - C. Are always stimulating and to be avoided
25. The best massage stroke to be used on a chronic sprain is
- A. Transverse friction
 - B. Effleurage
 - C. Pick up
 - D. Tapotement
26. The kneading technique in which the practitioner attempts to grasp tissue and gently lift it away from the bone is called
- A. Effleurage
 - B. Petrissage
 - C. Tapotement
 - D. Pinching
27. Massage therapy can place a client at risk for infection because_____
- A. It typically requires some form of contact or close contact between people
 - B. Massage is promoted to help overcome common colds
 - C. Therapists use minimal draping
 - D. Clients feel chilly when they disrobe

28. Autoclaving massage equipment may be necessary if ____.
- A. The piece of equipment is sensitive to chemical cleaning agents
 - B. The piece of equipment has many intricate pieces
 - C. The equipment is difficult to clean otherwise
 - D. All of these answers are correct
29. Massage therapists may choose to wear personal protective equipment (PPE) when ____.
- A. Their client is freshly showered
 - B. They spot an open lesion during inspection
 - C. The client is new to them
 - D. They choose not to wash their hands
30. Which approach would be most effective in reducing risk of fatigue and injury to massage therapists?
- A. Perform deep tissue sessions at the end of the day
 - B. Alternate intensive hands-on treatments with less intensive treatments
 - C. Use only a few techniques and repeat them many times to perfect them
 - D. Avoid methods such as hydrotherapy or shiatsu

SECTION B (SHORT STRUCTURED QUESTIONS) (20 marks)

31. Describe three different precautions to take whilst treating a patient with exercises (5 marks)
32. Name five steps to take while preparing a patient for treatment (5 marks)
33. Explain contraindications for Manual manipulations/mobilization (5 marks)
34. During patients Patient preparation: List the criteria that are important for the correct application of a manual technique (5 marks)
35. Summarize the various types of Manual Therapy Techniques (5 marks)

SECTION C: LONG ANSWER QUESTIONS (20 marks)

36. Discuss in details and give examples of assistive device (10 marks)
37. Describe the role of Physiotherapist in aseptic techniques post elective cesarean section (10 marks)

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