



AMREF INTERNATIONAL UNIVERSITY

SCHOOL OF MEDICAL SCIENCES

DEPARTMENT OF REHABILITATION MEDICINE

BACHELOR OF SCIENCE IN PHYSIOTHERAPY

END OF TRIMESTER EXAMINATIONS JANUARY TO APRIL 2024

UNIT CODE: PHT 332

UNIT NAME: PHYSIOTHERAPY IN WOMENS HEALTH

DATE: 12TH APRIL 2024

TIME: 6PM-8PM

INSTRUCTIONS

1. All students will have two (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. Check that the paper is complete
5. Total number of pages is 13 including the cover.
6. Read through the paper quickly before you start.
7. Upon finishing the exam paper, on submission, the message 'Your examination has been submitted' will appear.

TOTAL: _____/70

PERCENT: _____/100%

POINTS EARNED TOWARDS FINAL GRADE _____/70

1. A possible cause of underactive pelvic floor muscles includes all EXCEPT:
 - A. Childbirth injury
 - B. Surgery
 - C. Aging
 - D. Joint Malalignment of the sacroiliac joint

2. A possible cause of overactive pelvic floor muscle includes all EXCEPT:
 - A. Hemorrhoids
 - B. Habitual postural changes
 - C. Joint malalignment of the pubic symphysis
 - D. Chronic increase in intra-abdominal pressure

3. The anorectal angle maintained by the puborectalis muscle associated with fecal incontinence is:
 - A. 20 degrees
 - B. 110 degrees
 - C. 90 degrees
 - D. 75 degrees

4. Simple constipation with mild to moderate symptoms responds well to conservative measures like fiber intake.
 - A) True
 - B) False

5. You are working with a patient regarding symptoms of prolapse. You have educated the client on constipation management already. What other techniques can you use for management.
 - A. Lifting modifications & breathing techniques
 - B. Splinting & stretches
 - C. Efficient bladder emptying
 - D. Lifting modifications & running

6. When providing education to your patients with incisional pain you want to encourage slow movement to minimize the chance of increasing pain.
 - A) True
 - B) False

7. Prolonged standing may increase symptoms from coccydynia
 - A) True

B) False

8. If your client reports discomfort during intercourse only with their current partner, but no with their previous partner this would be considered:
 - A. Deep Dyspareunia
 - B. Entry Dyspareunia
 - C. Situational Dyspareunia
 - D. Primary Dyspareunia

9. Your client has never been able to experience pain-free intercourse. What would be their diagnosis?
 - A. Deep Dyspareunia
 - B. Entry Dyspareunia
 - C. Situational Dyspareunia
 - D. Primary Dyspareunia

10. There is a report from your client that they experience internal vaginal pain after the initial penetration. This is called:
 - A. Deep Dyspareunia
 - B. Entry Dyspareunia
 - C. Situational Dyspareunia
 - D. Primary Dyspareunia

11. Your client has deep indentations from your fingers that return to normal after 5 to 30 seconds. What types of pitting edema does your patient have?
 - A. 1+
 - B. 2+
 - C. 3+
 - D. 4+

12. Your patient has a slight indentation after you depress their skin with your fingers. What type of pitting edema do they have?
 - A. 1+
 - B. 2+
 - C. 3+
 - D. 4+

13. Your client has been diagnosed with lymphedema without an identifiable triggering event. What is the classification of this lymphedema?
- A. Secondary
 - B. Congenital
 - C. Praecox
 - D. Tarda
14. Your patient's tumor is limited to just her breast. What stage is this?
- A. 0
 - B. I
 - C. II
 - D. III
15. Your patient's tumor has spread to regions surrounding the breast and has a high probability of metastatic spread. What stage is this?
- A. I
 - B. II
 - C. III
 - D. IV
16. Lymphedema refers to tissue swelling caused by:
- A. An accumulation of protein-poor fluid
 - B. An accumulation of protein-rich fluid
 - C. A reduction of protein-poor fluid
 - D. A reduction of protein-rich fluid
17. The most common causes of lymphedema include all EXCEPT
- A. Cancer
 - B. Chemotherapy
 - C. Surgery
 - D. Parasites
18. This type of breast cancer looks like mastitis.
- A. Metastatic
 - B. Peau d' orange
 - C. Inflammatory breast cancer
 - D. Triple Negative

19. If your patient, diagnosed with thrombocytopenia, experiences a platelet count below _____ massive bleeding may occur even when there is no injury
- A. 30,000
 - B. 40,000
 - C. 50,000
 - D. 20,000
20. According to the Osborne Exercise guidelines, your client with a red blood cell count of _____ can walk short distances and use a stationary bicycle for 5-10 minutes.
- A. 5-7
 - B. 8-12
 - C. 13-15
 - D. 17-20
21. No muscle is disturbed with this type of breast reconstruction surgery.
- A. Latissimus flap
 - B. TRAM
 - C. DIEP
 - D. SGAP
22. According to the Osborne Exercise Protocol, this would be appropriate during the 4-12 weeks post-op:
- A. Closed kinetic chain exercises
 - B. Pool therapy
 - C. Side Flexion stretching
 - D. Abdominal/lumbar stabilization exercises
23. All of these are signs and symptoms of preterm labor EXCEPT:
- A. Menstrual like cramps
 - B. Decreased vaginal discharge
 - C. Backache unresponsive to postural changes
 - D. Abdominal cramps with diarrhea
24. This type of bed rest allows for bedpan for all toileting, bed bath, may elevate to 30-45 degrees for eating.
- A. Strict- Trendelenburg Position
 - B. Strict- No upright activity
 - C. Limitation of activity level but not necessarily in bed
 - D. Bed rest with bathroom privileges

25. This type of bed rest may allow for shower in shower chair and limited sitting for eating or in arecliner.
- A. Strict- Trendelenburg Position
 - B. Strict- No upright activity
 - C. Limitation of activity level but not necessarily in bed
 - D. Bed rest with bathroom privileges
26. Abdominal tone is_____lower than pre-pregnancy 1 year postpartum in women who return toexercise compared to_____in non-exercising, physically active women.
- A. 52%; 15%
 - B. 15%; 52%
 - C. 35%; 75%
 - D. 75%; 35%
27. The use of surface EMG assesses the recruitment NOT strength of the pelvic floor muscles.
- A) True
 - B) False
28. Which of the following hormones limits collagen fiber production and reorganization and isthought to contribute to diastasis recti?
- A. HCG
 - B. Relaxin
 - C. Estrogen
 - D. Progesterone
29. You are treating a pregnancy patient in your clinic. As part of your daily visit you take her bloodpressure. Which of the following blood pressures is the minimum to be considered a danger sign for complications such as pre-eclampsia?
- A. 120/80
 - B. 130/90
 - C. 140/90
 - D. 180/100
30. The most common site for diastasis recti to be present during pregnancy is
- A. Above the umbilicus
 - B. At the umbilicus
 - C. Below the umbilicus

- D. Diastasis is not common during pregnancy
31. One of the main predictors of pelvic girdle pain during pregnancy is
- A. Asymmetrical laxity in the SI joints
 - B. Believing you will have pain
 - C. Exercising prior to pregnancy
 - D. Poor eating habits
32. A patient presents with daily pubic symphysis pain with transitional activities. How would this be classified?
- A. Coccydynia
 - B. Symphysiolysis
 - C. One-sided Sacroiliac Syndrome
 - D. Double-sided Sacroiliac Syndrome
33. What is the normal gap of the pubic symphysis?
- A. 5-9 mm
 - B. 9-11 mm
 - C. 12-16 mm
 - D. 1-5 mm
34. On average, a woman will experience pain during pregnancy when the width of the pubic symphysis is greater than:
- A. 9.5 mm
 - B. 6.5 mm
 - C. 7.0 mm
 - D. 8.5 mm
35. Your patient is 36 weeks pregnant and has an old ACL injury that has been painful since she was 20 weeks pregnant. She plans on an unmedicated birth. Which of the following positions should you tell her to AVOID during birth?
- A. Semi-recumbent
 - B. Sidelying
 - C. Seated
 - D. Squatting
36. A trained Physical Therapist's role in labor and delivery include all of the following EXCEPT:
- A. Education on birthing positions while treating in the clinic
 - B. Positioning for delivery in the delivery room
 - C. Inform the OB what position the baby needs to be delivered in
 - D. Education at childbirth classes for musculoskeletal complaints

37. Your patient is referred to you for posterior pelvic girdle pain. Which of the following areas do you expect for the patient to complain of pain.
- A. Buttock to gluteal fold
 - B. Low back across L5 region
 - C. Sciatic nerve path
 - D. Inguinal canal
38. During postpartum recovery, “after pains” are normal. These occur because
- A. The ligaments retighten in the pelvis
 - B. Milk letdown occurs for breast feeding
 - C. Uterus contractions occur while it returns to its position in the pelvis
 - D. Contractions from the abdominals returning to the normal position
39. What is the ideal fetal position for birth?
- A. Head-up, facing backwards
 - B. Head-up, facing forward
 - C. Head-down, facing backwards
 - D. Head-down, facing forward
40. The goal of therapeutic intervention during pregnancy is:
- A. Stability with rigidity
 - B. Stability with flexibility
 - C. Stability with mobility
 - D. Stability only
41. What position do you want to minimize duration while treating a female patient at 24 weeks pregnant due to possible compression of the vena cava?
- A. Supine
 - B. Left Sidelying
 - C. Reclined
 - D. Unsupported sitting
42. The pelvic floor muscles have the primary functions to do:
- A. Sphincteric control
 - B. Support pelvic content
 - C. Sexual function
 - D. All the above is true

43. Which hormone contributes to creating a protective environment in the early stages of embryodevelopment
- A. hCG
 - B. Relaxin
 - C. Estrogen
 - D. Progesterone
44. This stage of labor is most important to ensure the mother's health has stabilized.
- A. First stage
 - B. Second stage
 - C. Third stage
 - D. Fourth stage
45. This hormone contributes to generalized smooth muscle relaxation and decreased motility of the gastrointestinal tract, often result in constipation.
- A. hCG
 - B. Relaxin
 - C. Estrogen
 - D. Progesterone
46. Women having back and pelvic pain are 4 times more likely to have postpartum depressive symptoms than those without.
- A) True
 - B) False
47. 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
48. 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

49. How much do you want to encourage your client to drink every 15 minutes of exercise?
- A. 4 ounces
 - B. 8 ounces
 - C. 10 ounces
 - D. 12 ounces
50. Risk factors for a nerve injury in pregnancy and postpartum includes all EXCEPT
- A. Nulliparity
 - B. Prolonged 2nd stage of labor
 - C. Semi-fowler-lithotomy position
 - D. Prolonged sitting
51. Someone who experienced a nerve injury in pregnancy or postpartum may experience changes in skin, hair, and nails.
- A) True
 - B) False
52. A client experiences a mild form of nerve injury with recovery within hours to weeks. What is the classification?
- A. Neuropraxia
 - B. Axonotmesis
 - C. Neurotmesis
 - D. Axonpraxia
53. 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
54. 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
55. An absolute indication for a C-section is
- A. Repeat C-section
 - B. Fetal distress
 - C. Placenta previa
 - D. Breech presentation

56. 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
57. 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
58. Your client reports hemorrhoids postpartum and experiencing discomfort. What may be contributing to this?
- A. Side-lying while feeding
 - B. Increase strain on rectal veins
 - C. Diarrhea
 - D. Underactive pelvic floor muscles
59. 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
60. Back pain that lasts more than 14 days postpartum is considered post-epidural pain.
- A) True
 - B) False
61. 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
62. A client experiences a nerve injury during pregnancy that resolved in 2 months. What is the classification?
- A. Neuropraxia
 - B. Axonotmesis
 - C. Neurotmesis
 - D. Axonoprxia

63. 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
64. 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
65. 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
66. 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
67. 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
68. 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

69. 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
70. Exercise in early and mid pregnancy slows down placental growth
- A. True
 - B. False

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