PHYSICAL MEDICINE AND REHABILITATION

PAPER - III

Time : 3 hours
Max. Marks : 100

Important instructions:
- Attempt all questions in order.
- Each question carries 10 marks.
- Read the question carefully and answer to the point neatly and legibly.
- Do not leave any blank pages between two answers.
- Indicate the question number correctly for the answer in the margin space.
- Answer all the parts of a single question together.
- Start the answer to a question on a fresh page or leave adequate space between two answers.
- Draw table/diagrams/flowcharts wherever appropriate.

Write short note on:

1. a) What is “SWD”? 3+4+3
   b) Discuss its role in PMR practice.
   c) How does it differ from MWD?

2. a) Discuss the effects of Cervical traction. 4+6
   b) What are its indications and contra-indications?

3. a) Low-level LASER therapy in PMR practice 4+3+3
   b) Contrast bath
   c) Cryotherapy in PMR practice

4. a) What is “IFT”? 4+6
   b) Discuss its role in PMR practice

5. a) Acupressure 4+3+3
   b) Paraffin wax bath
   c) Deep friction massage

6. a) Physiological effects of heat therapy 5+5
   b) Physiological effects of ultra-violet rays

7. a) What is therapeutic exercise? 3+7
   b) What are the different types of exercises?

8. a) Iontophoresis 5+5
    b) Phonophoresis

9. a) What is hydrotherapy? 3+7
    b) Discuss the principles and practice of hydrotherapy in PMR set up.

10. a) Bobath technique 4+3+3
    b) Anti-lordotic exercises
    c) Metabolic Equivalents

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