

PHYSICAL MEDICINE AND REHABILITATION

PAPER - III

PMR/D/13/35/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 | |
