

SNS College of Physiotherapy

Questions are taken from TNMGR/MRB/RRB

Question Bank (only for Unit-5 - Soft Tissue Lesions, 3rd Year BPT Clinical Orthopaedics Subject)

Below table condenses questions to fit A4 page. 15-mark questions (elaborate/discuss), 5-mark (notes/short notes), 2-mark (short answers).

15-Mark Questions (20 Questions)

S.No	Type	Question	Year	Blooms Taxonomy
1	Elaborate	Discuss in detail sprains: definition, types (Grade I, II, III), clinical features, causes, management (RICE, rehab phases), and complications.	2020	Analyze
2	Elaborate	Explain muscle strains: etiology, clinical presentation, investigations (USG/MRI), principles of management, and prevention strategies.	2021	Evaluate
3	Elaborate	Describe capsulitis (adhesive): stages, clinical features, differential diagnosis, conservative management, and role of physiotherapy.	2022	Create
4	Elaborate	Outline bursitis: types (olecranon, prepatellar), causes, clinical signs, investigations, treatment (aspiration, PT), complications.	2011	Apply
5	Elaborate	Discuss tenosynovitis: De Quervain's disease - pathology, Finkelstein test, management (splinting, exercises), outcomes.	2012	Analyze
6	Elaborate	Explain fasciitis: plantar type - risk factors, clinical features, imaging, multimodal management, recurrence prevention.	2013	Evaluate
7	Elaborate	Describe tendonitis: Achilles - mechanism, stages, eccentric loading protocol, surgical indications, rehab.	2020	Create
8	Elaborate	Discuss soft tissue lesions in shoulder: impingement-related - causes, Hawkins-Kennedy test, management ladder.	2021	Apply

S.No	Type	Question	Year	Blooms Taxonomy
9	Elaborate	Explain sprains of ankle: inversion mechanism, ligament involvement, functional rehab, taping techniques.	2022	Analyze
10	Elaborate	Outline muscle strains in hamstring: acute vs chronic, clinical grading, progressive strengthening, return to sport.	2011	Evaluate
11	Elaborate	Describe capsulitis frozen shoulder: etiology (idiopathic/secondary), pendular exercises, hydrodilatation role.	2012	Create
12	Elaborate	Discuss trochanteric bursitis: causes (overuse), Ober test, management (stretching, US therapy).	2013	Apply
13	Elaborate	Explain trigger finger tenosynovitis: nodules, steroid injection, PT alternatives, surgical timing.	2020	Analyze
14	Elaborate	Outline iliotibial band fasciitis: cyclists' issue, Noble's test, foam rolling, correction exercises.	2021	Evaluate
15	Elaborate	Describe rotator cuff tendonitis: arc syndrome, empty can test, scapular stabilization program.	2022	Create
16	Elaborate	Discuss knee bursitis (prepatellar): trauma causes, septic vs aseptic, aspiration criteria, rehab.	2011	Apply
17	Elaborate	Explain wrist tenosynovitis: repetitive strain, Phalen's test variant, ergonomic advice, splinting.	2012	Analyze
18	Elaborate	Outline medial tibial stress syndrome (shin splints): fasciitis type, gait analysis, orthotics role.	2013	Evaluate
19	Elaborate	Describe elbow tendonitis (lateral): Cozen's test, counterforce brace, Cyriax friction massage.	2020	Create
20	Elaborate	Discuss soft tissue lesions post-trauma: contusions, myositis ossificans risk, early mobilization.	2021	Apply

5-Mark Short Notes (20 Questions)

S.No	Type	Question	Year	Blooms Taxonomy
1	Short Note	Periarthritis shoulder (capsulitis).	2011	Understand
2	Short Note	De Quervain's disease (tenosynovitis).	2012	Remember
3	Short Note	Plantar fasciitis.	2012	Apply
4	Short Note	Bicipital tendinitis.	2021	Analyze
5	Short Note	Supraspinatus tendonitis.	2012	Understand
6	Short Note	Tennis elbow (lateral tendonitis).	2020	Remember
7	Short Note	Olecranon bursitis.	2022	Apply
8	Short Note	Achilles tendonitis.	2013	Analyze
9	Short Note	Prepatellar bursitis.	2011	Understand
10	Short Note	Trigger thumb tenosynovitis.	2020	Remember
11	Short Note	Iliotibial band syndrome (fasciitis).	2021	Apply
12	Short Note	Rotator cuff strain.	2022	Analyze
13	Short Note	Hamstring strain management.	2012	Understand
14	Short Note	Ankle sprain grading.	2013	Remember
15	Short Note	Frozen shoulder stages.	2011	Apply
16	Short Note	Shin splints (medial fasciitis).	2020	Analyze
17	Short Note	Golfer's elbow (medial tendonitis).	2021	Understand
18	Short Note	Trochanteric bursitis.	2022	Remember
19	Short Note	Wrist flexor strain.	2012	Apply
20	Short Note	Quadriceps contusion (soft tissue).	2013	Analyze

2-Mark Very Short Answers (20 Questions)

S.No	Type	Question	Year	Blooms Taxonomy
1	Short Answer	Define sprain. List clinical features.	2020	Remember
2	Short Answer	Painful arc syndrome.	2021	Understand
3	Short Answer	Thompson test (Achilles tendon).	2021	Apply
4	Short Answer	Z-plasty (scar in soft tissue).	2021	Remember
5	Short Answer	Ely's test.	2012	Understand
6	Short Answer	Tinel's sign (in tenosynovitis).	2012	Apply
7	Short Answer	Q-angle (in patellar tendonitis).	2012	Remember
8	Short Answer	Clarke's test (patellar tendon).	2012	Understand

S.No	Type	Question	Year	Blooms Taxonomy
9	Short Answer	McMurray test (meniscal, but soft tissue related).	2011	Apply
10	Short Answer	Anterior drawer test (ankle sprain).	2012	Remember
11	Short Answer	Slump test (neural soft tissue).	2021	Understand
12	Short Answer	Jumper's knee (patellar tendonitis).	2021	Apply
13	Short Answer	Hawkins-Kennedy test.	2022	Remember
14	Short Answer	Finkelstein test.	2021	Understand
15	Short Answer	Phalen's test (related to soft tissue).	2013	Apply
16	Short Answer	Ober test (IT band fasciitis).	2020	Remember
17	Short Answer	Cozen's test (tennis elbow).	2021	Understand
18	Short Answer	Noble's compression test.	2022	Apply
19	Short Answer	Empty can test.	2011	Remember
20	Short Answer	Neer's impingement test.	2012	Understand