

CHAPTER A & B — REHABILITATION (10 Questions)

- 1. Define active movement and passive movement with suitable examples. (Bloom's L1 – Remembering)**
- 2. Explain the physiological effects of therapeutic exercises on the musculoskeletal system. (Bloom's L2 – Understanding)**
- 3. Demonstrate how gravity influences human posture and exercise performance using an example. (Bloom's L3 – Applying)**
- 4. Differentiate between isotonic, isometric, concentric and eccentric contractions with functional examples. (Bloom's L4 – Analyzing)**
- 5. Analyze how the length–tension relationship influences the performance of muscles during rehabilitation exercises. (Bloom's L4 – Analyzing)**
- 6. Evaluate the role of scapulohumeral rhythm in performing overhead activities and its influence on rehabilitation planning. (Bloom's L5 – Evaluating)**
- 7. Create a structured 10-minute warm-up protocol for a patient before starting strengthening exercises. (Bloom's L6 – Creating)**
- 8. Explain the biomechanical principles behind the use of pulleys in exercise therapy. (Bloom's L2 – Understanding)**
- 9. Develop a mat activity sequence for improving trunk stability in a patient with low back pain. (Bloom's L6 – Creating)**

- 10. Evaluate the therapeutic benefits and limitations of hydrotherapy for post-operative knee rehabilitation. (Bloom's L5 – Evaluating)**
- 11. Define the term “disability evaluation” according to rehabilitation science. (Bloom's L1 – Remembering)**
- 12. Describe the role of the multidisciplinary rehabilitation team in planning patient-centred care. (Bloom's L2 – Understanding)**
- 13. Apply the ICF model to categorize functional limitations in a patient with stroke undergoing rehabilitation. (Bloom's L3 – Applying)**
- 14. Compare institutional-based rehabilitation (IBR) with community-based rehabilitation (CBR) in terms of service accessibility. (Bloom's L4 – Analyzing)**
- 15. Analyze the social and environmental factors contributing to poor compliance in rural rehabilitation programs. (Bloom's L4 – Analyzing)**
- 16. Evaluate the effectiveness of assistive devices as rehabilitation strategies for patients with lower limb disability. (Bloom's L5 – Evaluating)**
- 17. Formulate a rehabilitation plan for a child with cerebral palsy focusing on functional independence and family involvement. (Bloom's L6 – Creating)**
- 18. Explain the ethical considerations involved in disability certification for lifelong impairment. (Bloom's L2 – Understanding)**

19. Assess the need for ergonomic workplace modification for a patient with chronic low back pain who works as a school teacher. (Bloom's L5 – Evaluating)

20. Design a low-cost community-based rehabilitation outreach activity targeting geriatric fall prevention. (Bloom's L6 – Creating)