

**UNIT V**

S.No	Question Type	Question	Year	Bloom's Taxonomy
1	<b>Essay (15 Marks)</b>	Describe the principles and techniques of manual muscle testing. Explain the Medical Research Council (MRC) grading system with its applications and limitations.	February 2011	Analyze
2		Discuss progressive resisted exercises. Explain Delorme and Watkins, Oxford (Zinovieff), and MacQueen techniques with their principles and indications.	August 2013	Analyze
3		Explain the principles of joint mobilization, including patient position, fixation, traction, and grades of movement. Discuss indications and contraindications.	November 2021	Analyze
4		Describe muscle re-education techniques for grades I to V, with progressive strengthening methods for upper limb, lower limb, and trunk muscles.	June 2022	Apply
5		Discuss manual and mechanical resisted exercises, including techniques, principles, and uses in physiotherapy rehabilitation.	October 2015	Analyze
6		Explain the causes of joint range limitation and effects of prolonged immobilization. Describe sustained translatory joint play techniques in mobilization.	April 2020	Analyze
7		Describe the methods of peripheral joint mobilization, including hold relax, contract relax, oscillatory techniques, and muscle stretching methods.	August 2023	Analyze
8		Discuss the precautions, contraindications, and uses of manual muscle testing, with demonstration of grading for lower limb muscles.	February 2012	Analyze
9		Explain the Repetition Maximum (RM) method in progressive resisted exercises and its application in strengthening weak muscles.	November 2024	Apply
10		Describe the types of muscle grading tests (make test, break test) and grading systems like Daniels & Worthingham and Kendall methods.	October 2016	Analyze
11	<b>Short Notes (5 Marks)</b>	MRC muscle grading scale.	August 2009	Understand
12		Delorme technique.	November	Understand

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			2022	
13		Hold relax technique.	April 2023	Understand
14		Indications for joint mobilization.	October 2021	Understand
15		Oxford technique in PRE.	February 2020	Understand
16		Break test in MMT.	August 2010	Remember
17		Contraindications of resisted exercise.	November 2023	Understand
18		Contract relax technique.	August 2024	Understand
19		Effects of immobilization.	February 2011	Understand
20		Oscillatory joint mobilization.	October 2015	Remember
21	<b>Short Answers (2 Marks)</b>	Define manual muscle testing.	September 2021	Remember
22		What is grade 3 in MRC scale?	January 2022	Remember
23		Define progressive resisted exercise.	June 2022	Remember
24		Name two muscle re-education techniques.	April 2023	Understand
25		What is make test?	November 2023	Remember
26		Define traction in joint mobilization.	November 2023	Remember
27		Indications for mechanical resistance.	February 2010	Remember
28		What is 10 RM?	August 2009	Remember
29		Name two grading systems in MMT.	August 2010	Understand
30		Define inner range of joint.	January 2022	Remember