

Rajiv Gandhi University of Health Sciences, Karnataka
Second Year Master of Physiotherapy Degree Examination – 27-Nov-2024

[Time: 3 Hours]

[Max. Marks: 100]

Movement Remediation - Paper -IV (RS-4)
Q.P. CODE: 8150

Your answers should be specific to the questions asked.
Draw neat, labeled diagrams wherever necessary.

Answer All The Questions

10 X 10 = 100 Marks

1. How do ageists beliefs impact physical fitness? Elucidate with examples from India.
2. What are the challenges to exercise adherence among young men in their twenties? Describe strategies to decrease injury risks due to body-image goals.
3. What are the common work related musculoskeletal disorders due to prolonged standing jobs? Briefly describe the biomechanical reasons attributed to them.
4. What are the possible adverse effects due to a person with congenital torticollis partially corrected; using computer work station designed for the average person? What are design principles that would decrease this problem?
5. Describe the dynamic biomechanical model of load transport in a trolley. How would you use this to decrease the incidence of strains and sprains in workers?
6. Compare and contrast symptom based assessment and biomechanical risk assessment in work related musculoskeletal disorders? What are the strength and limitations of each? Justify using an example.
7. What are the environmental factors affecting fitness levels in office employees? What strategies can be undertaken by the administration to minimise these factors and promote optimum physical activity behaviours?
8. Describe the principles of cognitive behavioural therapy. How can these be used in setting goals for physical fitness in obese individuals?
9. Analyse the role of movement enriched childhood in improving motor control in people with low back pain.
10. Describe any one strategy of movement aimed to improves coordination, flexibility and endurance. Describe how this method can be integrated into therapy for older persons at risk or falls.

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