

MASTER OF PHYSIOTHERAPY (MPT) DEGREE EXAMINATION
SECOND YEAR
BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY
PAPER II – PHYSIOTHERAPY INTERVENTIONS
(SPECIALITY – II)

Q.P. Code: 278136

Time: Three Hours

Maximum: 100 marks

Answer ALL questions in the same order.

I. Elaborate on :

Pages Time Marks
(Max.) (Max.) (Max.)

- | | | | |
|---|----|---------|----|
| 1. Explain in detail stages of labour, pain management and various coping techniques. | 17 | 40 min. | 20 |
| 2. Elaborate on role of physiotherapy in management of Osteoporosis. | 17 | 40 min. | 20 |

II. Write notes on :

- | | | | |
|---|---|---------|---|
| 1. Absolute and relative contraindications of prenatal exercises. | 4 | 10 min. | 6 |
| 2. Assessment of new born. | 4 | 10 min. | 6 |
| 3. Changes occurring in ovary during ovulation. | 4 | 10 min. | 6 |
| 4. Breech presentation. | 4 | 10 min. | 6 |
| 5. Function of oestrogen and progesterone. | 4 | 10 min. | 6 |
| 6. Post natal abdominal muscle training. | 4 | 10 min. | 6 |
| 7. Weight gain during pregnancy. | 4 | 10 min. | 6 |
| 8. Post operative complication following caesarean. | 4 | 10 min. | 6 |
| 9. Stress incontinence. | 4 | 10 min. | 6 |
| 10. Neonatal respiratory distress syndrome. | 4 | 10 min. | 6 |

**MASTER OF PHYSIOTHERAPY (MPT) DEGREE EXAMINATION
SECOND YEAR**

BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY

PAPER II – PHYSIOTHERAPY INTERVENTIONS

(SPECIALITY – II)

Q.P. Code: 278136

Time: Three Hours

Maximum: 100 marks

Answer ALL questions in the same order.

I. Elaborate on :

**Pages Time Marks
(Max.) (Max.) (Max.)**

- | | | | |
|--|----|---------|----|
| 1. Describe in detail about Osteoporosis. Explain the methods of prevention and Physiotherapy intervention for Osteoporosis. | 17 | 40 min. | 20 |
| 2. Write in detail about Physiotherapy management of Musculoskeletal dysfunction during pregnancy. | 17 | 40 min. | 20 |

II. Write Notes on :

- | | | | |
|---|---|---------|---|
| 1. Importance of prenatal exercise and benefits of exercise during pregnancy. | 4 | 10 min. | 6 |
| 2. Explain about the relaxation technique in prenatal education. | 4 | 10 min. | 6 |
| 3. Late postnatal complications and their Physiotherapy management. | 4 | 10 min. | 6 |
| 4. Advance manual therapy for the pelvic floor. | 4 | 10 min. | 6 |
| 5. Role of exercise balls in pelvic floor reeducation. | 4 | 10 min. | 6 |
| 6. Evidence based Physiotherapy for Urinary incontinence in neurological disorders. | 4 | 10 min. | 6 |
| 7. Physiotherapy management of breast cancer sequel. | 4 | 10 min. | 6 |
| 8. Physiotherapy management for Lymphodema. | 4 | 10 min. | 6 |
| 9. Physiotherapy management of women with long term Physical disabilities. | 4 | 10 min. | 6 |
| 10. Role of aquatic therapy in women's health. | 4 | 10 min. | 6 |

**MASTER OF PHYSIOTHERAPY (MPT) DEGREE EXAMINATION
SECOND YEAR**

BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY

PAPER II – PHYSIOTHERAPY INTERVENTIONS

(SPECIALITY – II)

Q.P. Code: 278136

Time: Three Hours

Maximum: 100 marks

Answer All questions

I. Elaborate on:

(2 x 20 = 40)

1. Elaborate on the importance of antenatal education classes, Outline a conceptual frame work in regard to the antenatal care In each trimester.
2. Briefly describe the role of sacro –iliac joints and its ligaments in pregnancy. Explain about sacro – iliac joint dysfunction and its positional treatment.

II. Write notes on:

(10 x 6 = 60)

1. Patello femoral stress syndrome.
2. Dysmenorrhoea.
3. Suspensory ligaments.
4. Ectopic pregnancy.
5. Anxiety.
6. Pregnancy and respiratory system.
7. Restless leg syndrome and its treatment.
8. Benefits of postnatal exercises.
9. Symptomatic pelvic girdle relaxation.
10. Elements of evidence based practice.

**MASTER OF PHYSIOTHERAPY (MPT) DEGREE EXAMINATION
SECOND YEAR**

BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY

PAPER II – PHYSIOTHERAPY INTERVENTIONS

(SPECIALITY – II)

Q.P. Code: 278136

Time: Three Hours

Maximum: 100 marks

Answer All questions

I. Elaborate on:

(2 x 20 = 40)

1. Discuss in detail the short term and long term physiotherapy management following cesarean section. Elaborate on Ergonomic Consideration.
2. Discusses briefly about pelvic floor muscles, grading strengthening and its significance in relation to urinary incontinence.

II. Write notes on:

(10 x 6 = 60)

1. Contra indication to exercise during pregnancy.
2. Post natal abdominal muscle training.
3. Re education of Diastasis Recti Abdomini.
4. Weight gain during pregnancy.
5. Normal dietary requirements during growth spurt.
6. Neonatal respiratory distress syndrome.
7. Post operative complications of mastectomy and its management.
8. Breathing techniques used in various stages of labour.
9. Electrotherapy option for labour pain and postnatal problems.
10. Ergonomic control of musculoskeletal injuries for women in work place.

**MASTER OF PHYSIOTHERAPY (MPT) DEGREE EXAMINATION
SECOND YEAR**

BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY

PAPER II – PHYSIOTHERAPY INTERVENTIONS

(SPECIALITY – II)

Q.P. Code: 278136

Time: Three Hours

Maximum: 100 marks

Answer All questions

I. Elaborate on:

(2 x 20 = 40)

1. Discuss the pre operative and post operative assessment of a 50 years obese female patient with uterine prolapse.
2. Discuss the Biomechanical changes of the female pelvic during pregnancy.
Elaborate on physiotherapy management of Low back pain and add a note on core strengthening.

II. Write notes on:

(10 x 6 = 60)

1. Code of ethics.
2. Diet for adolescence.
3. Postnatal assessment of the spine.
4. Bladder retraining.
5. Pregnancy tests.
6. Labour pain.
7. Premenstrual syndrome & Physiotherapy Management.
8. Idiopathic scoliosis.
9. Anorexia nervosa.
10. Dyspareunia.

**MASTER OF PHYSIOTHERAPY (MPT) DEGREE EXAMINATION
SECOND YEAR**

BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY

PAPER II – PHYSIOTHERAPY INTERVENTIONS

(SPECIALITY – II)

Q.P. Code: 278136

Time: Three Hours

Maximum: 100 marks

Answer All questions

I. Elaborate on:

(2 x 20 = 40)

1. Explain the role of pelvic floor muscles in female and elaborate the physiotherapy management for pelvic floor dysfunction.
2. Explain in detail about the role of physiotherapy for immediate and long term post natal complications.

II. Write notes on:

(10 x 6 = 60)

1. Normal dietary requirements during growth spurt.
2. Neonatal respiratory distress syndrome.
3. Post natal abdominal muscle training.
4. “TENS ” in labour.
5. Physiotherapy management following hysterectomy.
6. Treatment approaches for LAB during pregnancy.
7. Pelvic motion training.
8. Physiologic basis for relaxation training.
9. Contra indication for exercise during pregnancy.
10. Physiotherapy management for muscle cramp during pregnancy.

**MASTER OF PHYSIOTHERAPY (MPT) DEGREE EXAMINATION
SECOND YEAR**

BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY

PAPER II – PHYSIOTHERAPY INTERVENTIONS

(SPECIALITY – II)

Q.P. Code: 278136

Time: Three Hours

Maximum: 100 marks

Answer All questions

I. Elaborate on:

(2 x 20 = 40)

1. Describe stages of labour. Discuss the uses of suitable physiotherapy modalities to manage labour pain.
2. A 42 years old female underwent radical mastectomy for breast cancer. Explain in detail about physiotherapy management following surgery. Add a note on surgical Procedure.

II. Write notes on:

(10 x 6 = 60)

1. Exercises for adolescence.
2. Conditioning exercises.
3. Breathing during various stages of labour.
4. Electrotherapy for post partum breast problems.
5. Pubic symphysis diastasis.
6. Physiotherapy management for osteoporotic women.
7. Complex physical therapy for lymphedema.
8. Contraindications to exercise in pregnancy.
9. Role of biofeedback in urinary incontinence.
10. Physiotherapy management following caesarian section.

[LI 136]

APRIL 2016

Sub. Code: 8136

**MPT DEGREE EXAMINATION
SECOND YEAR
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY**

Q.P. Code : 278136

Time : Three hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain the importance of Aerobic exercise in Post Menopausal women. Discuss briefly on exercises and hormone replacement therapy.
2. Explain in detail stages of Labor Pain management and various coping techniques.

II. Write notes on:

(10 x 6 = 60)

1. Physiotherapy management of Lymphoedema.
2. Carpel tunnel syndrome.
3. Breech presentation.
4. Post operative complication following caesarean.
5. Diastasis rectus abdominis.
6. Pelvic floor muscle training.
7. P.T. management of Hysterectomy.
8. Code of ethics.
9. Bladder Training.
10. Patello femoral stress syndrome.

[LJ 136]

OCTOBER 2016

Sub. Code: 8136

**MPT DEGREE EXAMINATION
SECOND YEAR
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY**

Q.P. Code : 278136

Time : Three hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain in detail about the exercise to improve or maintain Bone Density for Osteoporosis in Post menopausal women.
2. Explain about features and infrastructure of Pregnancy exercise class. Add a note on benefits of exercises in Pregnancy.

II. Write notes on:

(10 x 6 = 60)

1. Round ligament pain.
2. Role of physiotherapy in lactating women.
3. Various postures to ease labour pain.
4. Coccydynia.
5. Electrotherapy for pelvic floor dysfunction.
6. Ergonomic control of musculo skeletal injuries.
7. Relaxation technique in prenatal education.
8. Management for sacroiliac joint dysfunction.
9. Hydrotherapy in women's health.
10. Changes occurring in ovary during ovulation.

[LK 136]

MAY 2017

Sub. Code: 8136

**MPT DEGREE EXAMINATION
SECOND YEAR
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY**

Q.P. Code : 278136

Time : Three hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Discuss the biomechanical changes of the female pelvis bring pregnancy. Elaborate the physiotherapy management of low pain and add a note on core strengthening.
2. Briefly describe the complications of Hysterectomy and its physiotherapy management.

II. Write notes on:

(10 x 6 = 60)

1. Reeducation of Diastatis Recti.
2. Physiotherapy management of high risk pregnancy.
3. Changes occurring in ovary during ovulation.
4. Neonatal respiratory distress syndrome.
5. Post operative complications of mastectomy and its management.
6. Post natal assessment of the spine.
7. Pregnancy complications.
8. Anorexia nervosa.
9. Depression.
10. Benefits of post natal exercises.

[LL 136]

OCTOBER 2017

Sub. Code: 8136

**MPT DEGREE EXAMINATION
SECOND YEAR
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY**

Q.P. Code : 278136

Time : Three hours

Maximum : 100 Marks

I. Elaborate on: **(2 x 20 = 40)**

1. Non pharmacological and pharmacological methods of Labour pain management.
2. Discuss the pre-operative and post-operative assessment of a 50 years obese female patient with uterine prolapse.

II. Write notes on: **(10 x 6 = 60)**

1. Dysmenorrhea.
2. Vaginismus.
3. Antenatal classes.
4. Assessment of New born.
5. Weight gain during pregnancy.
6. Stress continence.
7. Symptomatic pelvic girdle relaxation.
8. PT Management of Mastectomy.
9. Pain management in osteoporosis.
10. Idiopathic scoliosis.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[LM 136]

MAY 2018

Sub. Code: 8136

**MPT DEGREE EXAMINATION
SECOND YEAR
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY**

Q.P. Code : 278136

Time : Three hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Role of Physiotherapist's in the management of Urinary dysfunction and Incontinence.
2. Physiotherapy management of post natal problems.

II. Write notes on:

(10 x 6 = 60)

1. Patello-femoral stress syndrome.
2. Massage in labour.
3. Deep vein thrombosis and pulmonary embolism.
4. Contraceptive methods.
5. Handling Women with special needs.
6. Bio-feed back in Women's Health.
7. Exercise prescription for Osteoporosis.
8. Bandaging and compression garments.
9. Obstructed defaecation.
10. Pelvic Inflammatory disease.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[LN 136]

OCTOBER 2018

Sub. Code: 8136

**MPT DEGREE EXAMINATION
SECOND YEAR
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY**

Q.P. Code : 278136

Time : Three hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Complex Physical therapy in the management of Lymphedema.
2. Pre and post-operative physiotherapy management of Caesarean section.

II. Write notes on:

(10 x 6 = 60)

1. Scoliosis.
2. Breathing exercise for labour and delivery.
3. Handling of Newborn.
4. Bio-feedback.
5. Diastasis Recti abdominals.
6. Ergonomic advice for women in workplace.
7. Pain management in osteoporosis.
8. Exercise in the ageing women.
9. Defecation re-training.
10. Detrusor inhibition.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[LO 136]

MAY 2019

Sub. Code: 8136

**MPT DEGREE EXAMINATION
SECOND YEAR
BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND
GYNAECOLOGY
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS**

Q.P. Code : 278136

Time : Three hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. What is Diastasis recti abdominis? Explain the Physiotherapy management for a 25 year old primiparous woman with diastasis recti abdominis of 6 centimeters width at the level of umbilicus following 3 months postpartum period.
2. Explain the structure of a pregnancy exercise class.

II. Write notes on:

(10 x 6 = 60)

1. Advanced manual therapy for the pelvic floor.
2. Explain the cardiovascular changes during pregnancy.
3. Body mechanics guidelines for post cesarean patients.
4. Pre menstrual syndrome and its Physiotherapy management.
5. Role of pelvic floor muscles in the female.
6. Write the attachment of Round ligament. Explain Round ligament pain and its Physiotherapy management.
7. Postoperative Physiotherapy management for Vaginal Hysterectomy.
8. Manual lymphatic drainage.
9. Defecation retraining.
10. Prevention and treatment of Postvoid Residual Urine.
