

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

**[LQ 1120]**

**NOVEMBER 2020  
(MAY 2020 SESSION)**

**Sub. Code: 8186**

**MPT DEGREE EXAMINATION  
SECOND YEAR – (From the A.Y. 2018-2019)  
BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY  
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS**

***Q.P. Code : 278186***

**Time : Three hours**

**Maximum : 100 Marks**

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

1. Explain in detail about the Pre operative and Post operative assessment and treatment for Cesarean patients.
2. Explain in detail about the Pregnancy discomforts and its physiotherapy management . Importance of Postnatal exercise and benefits

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

1. Psychological issues associated with women's health.
2. Exercise for Adolescence.
3. Various relaxation techniques.
4. Weight training in pregnancy.
5. Complications of Hysterectomy and management.
6. Breathing during various stages of Labor.
7. Post menopausal problems and its management.
8. Pelvic floor exercises.
9. IFT , ultra sound in OBG.
10. Breast feeding positions.

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

[MPT 0321]

MARCH 2021

Sub. Code: 8186

(OCTOBER 2020 EXAM SESSION)

**MPT DEGREE EXAMINATION**

**SECOND YEAR**

**BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY**

**SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS**

*Q.P. Code : 278186*

**Time : Three hours**

**Maximum : 100 Marks**

**I. Elaborate on:**

**(2 x 20 = 40)**

1. A 23 years old primigravida women is admitted with labour pain, having 5cm cervical dilatation and she is very anxious, unable to cope with labour pain. Elaborate the various coping techniques and physiotherapy management plan for labour and delivery.
2. Role of physiotherapy – prescribed exercise and treatment techniques for management of osteoporosis.

**II. Write notes on:**

**(10 x 6 = 60)**

1. Absolute, relative contraindications and precautions of exercise during pregnancy.
2. Immediate postnatal complications and their physiotherapy management.
3. Antenatal class.
4. Evidence based physiotherapy for the elderly.
5. Use of exercise balls in women's health rehabilitation.
6. Evidence based physiotherapy practice for pelvic floor dysfunction.
7. Athletic women and the exercise.
8. Preoperative physiotherapy management for hysterectomy.
9. Physiotherapy management for post – menopausal problems.
10. Manual lymphatic drainage.

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

**[MPT 0921]**

**SEPTEMBER 2021  
(MAY 2021 EXAM SESSION)**

**Sub. Code: 8186**

**MPT DEGREE EXAMINATION  
SECOND YEAR - (Regulations for the candidates admitted from 2018-2019)  
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS  
BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY  
*Q.P. Code : 278186***

**Time : Three hours**

**Answer ALL Questions**

**Maximum : 100 Marks**

**I. Elaborate on:**

**(2 x 20 = 40)**

1. A 23-year-old postnatal mother, who delivered a live female baby 2 months before, has been referred to the physiotherapist for a postnatal exercise session.
  - a) Prepare a postnatal assessment for this patient.
  - b) Plan individualized physiotherapy protocol suitable for this patient.
2. Discuss the risk factors of fall. How do you prevent falls and maintain mobility and independence in an osteoporotic patient?

**II. Write notes on:**

**(10 x 6 = 60)**

1. Use of biofeedback in pelvic floor rehabilitation.
2. Breathing in the first stage of labor.
3. Types of hysterectomy.
4. Common discomforts of pregnancy.
5. Benefits of exercise in pregnancy.
6. Principles of manual lymphatic drainage.
7. Contraindications to electrotherapy for pelvic floor muscles.
8. Restless leg syndrome.
9. Physiotherapy management of sacroiliac joint dysfunction.
10. Fetal malpresentation.

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

**[MPT 0223]**

**FEBRUARY 2023  
(OCTOBER 2022 EXAM SESSION)**

**Sub. Code: 8186**

**MPT DEGREE EXAMINATION**

**SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)**

**SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS**

**BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY**

***Q.P. Code : 278186***

**Time : Three hours**

**Answer ALL Questions**

**Maximum : 100 Marks**

**I. Elaborate on:**

**(2 x 20 = 40)**

1. A 42 year old multipara presents to the physiotherapist with chief complaints of involuntary urine loss during coughing.
  - a) Write the clinical diagnosis for the situation above and summarize the risk factors for acquiring this condition.
  - b) Write a brief assessment and explain the physiotherapeutic plan in detail for this patient.
2. A 26 year old woman attends an antenatal class at her 16 weeks gestation. She complains of burning sensation in and around the groin, which also radiates to her inner thighs. She finds difficulty in performing activities such as getting in and out of the car and while changing positions in bed. What is your clinical impression for the above and explain the physiotherapeutic plan in detail.

**II. Write notes on:**

**(10 x 6 = 60)**

1. Neurological discomforts in pregnancy.
2. Manual therapy techniques for the pelvic floor.
3. Compression garments in Lymphedema.
4. Psychoanalgesic methods of pain control.
5. Diastasis recti management.
6. Role of physiotherapy in lactating women.
7. Post operative management in vaginal surgeries.
8. Exercise prescription for osteoporosis.
9. Mitchells method of relaxation.
10. Patellofemoral stress syndrome.

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

**[MPT 0523]**

**MAY 2023**

**Sub. Code: 8186**

**MPT DEGREE EXAMINATION**

**SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)**

**SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS**

**BRANCH VI – PHYSIOTHERAPY IN OBSTETRICS AND GYNAECOLOGY**

***Q.P. Code: 278186***

**Time : Three hours**

**Answer ALL Questions**

**Maximum : 100 Marks**

**I. Elaborate on:**

**(2 x 20 = 40)**

1. What are the postural changes occur during pregnancy? Give a note on spinal assessment and gait analysis of third trimester mother. Explain in detail about postural correction and gait training after Normal delivery.
2. Explain about mixed urinary incontinence and give a detailed assessment note with different management techniques.

**II. Write notes on:**

**(10 x 6 = 60)**

1. Pregnancy diagnosing methods.
2. Gestational diabetes.
3. Detrusor muscle.
4. Back care principles in pregnancy.
5. Pelvic floor muscle strengthening.
6. Types of breast massage.
7. Bladder training methods.
8. Breast cancer.
9. Diastasis recti management.
10. Pelvic girdle pain.

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