

[KD 606 E]

APRIL 2001

M.P.T. DEGREE EXAMINATION.

Fourth Semester

Paper III — PHYSIOTHERAPY (Elective Subject)

**PHYSIOTHERAPY IN OBSTETRICS AND
GYNECOLOGY**

Time : Three hours

Maximum : 100 marks

Answer ALL the questions.

(4 × 20 = 80)

1. **Biomechanical changes in the Low back and Pelvis towards pregnancy and labour.**
 2. **Role of exercise towards easy labour.**
 3. **Role of physiotherapy after caesarian section.**
 4. **Advice an Asthmatic woman in her last trimester.**
 5. **Short notes : (4 × 5 = 20)**
 - (a) **Peripheral nerve complication during labour**
 - (b) **Oedema**
 - (c) **Lordosis and Care of low back**
 - (d) **Counselling.**
-

NOVEMBER 2001

[KE 606 E]

Sub. Code : 8006

M.P.T. DEGREE EXAMINATION.

Elective

Paper VI — PHYSIOTHERAPY

OBSTETRICS AND GYNAECOLOGY

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

All questions carry equal marks.

1. "Relaxation Exercise" — List the types of these in physical therapy. Explain their role in pregnancy and labour. (20)
2. Explain the musculoskeletal changes seen in pregnancy. Discuss the implication of same. (20)
3. Identify the muscles of the pelvic floor. Discuss the complications of weak pelvic floor musculature. Plan an exercise program to improve the same. (20)
4. Identify the breathing exercise to be used in labour. Describe the physiological effects of the same. (20)

5. Write short notes on : (4 × 5 = 20)

- (a) Rectus Diastasis and its treatment.
- (b) "Post-Natal Blues" — Why? How do you manage it?
- (c) Posture Correction in Pregnancy.
- (d) Plan an Ante-Natal class.

MARCH 2002

[KG 606 H]

Sub. Code : 8006

M.P.T. DEGREE EXAMINATION.

(Common to New/Revised Regulations)

**ADVANCED PHYSIOTHERAPY IN OBSTETRICS
AND GYNECOLOGY — *(Elective)***

Time : Three hours

Maximum : 100 marks

Answer ALL the questions.

1. Role of Exercise in Pregnancy and Labour. (20)
 2. Parental counselling. (20)
 3. Physiotherapy Assessment of the New born. (20)
 4. Role of Physiotherapy modalities in conducting a pain-free labour. (20)
 5. Short notes : (4 × 5 = 20)
 - (a) Bladder during pregnancy
 - (b) Advice on Posture to a would-be mother
 - (c) Care of back in post natal period
 - (d) Obesity.
-

SEPTEMBER 2002

[KH 606 H]

Sub. Code : 8006

**MASTER OF PHYSIOTHERAPY (MPT) DEGREE
EXAMINATION.**

(Common to New/Revised Regulations)

**ADVANCED PHYSIOTHERAPY IN OBSTETRICS
AND GYNECOLOGY — *(Elective)***

Time : Three hours

Maximum : 100 marks

Answer ALL the questions.

1. Discuss the basic principles of exercise program and explain the need for them during pregnancy. Identify harmful exercise that should be discussed with the client. (20)
2. Outline the factors to be considered which planning an Ante-Natal exercise class. Discuss the infrastructure requirement and programme plan in detail. (20)
3. Draw a labeled diagram of abdominal muscle structure. Describe the various abdominal exercises that are taught both during Ante-Natal and Post Natal period. (20)
4. List the various types of changes that are seen in pregnancy and post natal stages. Describe their effects on the body. What are "Post natal blues". (20)

5. Write short notes on . (4 × 5 = 20)

- (a) Importance of breathing exercise in labour
 - (b) Use of relaxation exercise
 - (c) Significance of weak pelvic floor
 - (d) Role of postural exercises in pregnancy.
-

APRIL 2004

[KK 606 G]

Sub. Code : 8006

MASTER OF PHYSIOTHERAPY (MPT) DEGREE
EXAMINATION.

(Common to New/Revised Regulations)

Elective — P.T. IN OBSTETRICS AND
GYNAECOLOGY

Time : Three hours

Maximum : 100 marks

Theory : Two hours and
forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

A. Essay : (2 × 15 = 30)

(1) Give a guideline for physiotherapy management of an Osteoporotic woman.

(2) Role of Physiotherapy in alleviating pain during labour.

B. Write short notes : (10 × 5 = 50)

(1) Mechanical changes during pregnancy

(2) Pelvic motion training

(3) Changes in mother and fetus during first trimester of pregnancy

(4) Malposition

(5) Vaginal cones

(6) Uterine Prolapse

(7) Restless Leg Syndrome

(8) Role of Physiotherapy in Lactating Women

(9) Effects of exercise in fetus and placenta

(10) Amniotomy.

AUGUST 2004

[KL 606 G]

Sub. Code : 8006

**MASTER OF PHYSIOTHERAPY (MPT) DEGREE
EXAMINATION.**

(Common to New/Revised Regulations)

Elective — P.T. IN OBSTETRICS AND GYNAECOLOGY

Time : Three hours

Maximum : 100 marks

Theory : Two hours and forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

I. Write Essay on :

(2 x 15 = 30)

(1) The role of obstetrics physiotherapist on postnatal care.

(2) Discuss the various comfortable positions in labour in relation to labour mechanics and explain the role of physiotherapist in the management of labour pain.

II. Write short notes on :

(10 × 5 = 50)

(a) Define genuine stress incontinence. Explain its management with electrotherapy modalities.

(b) Discuss the various methods of contraception with its advantages and disadvantages.

(c) Post natal exercises.

(d) Explain various breathing strategies for labour.

(e) Side effect and complication of epidural anaesthesia.

(f) Explain the changes in physiology of cardio-respiratory system during pregnancy.

(g) Ergonomical advice in ADL of mother in postnatal period.

(h) Describe the antenatal assessments of pregnant women.

(i) Explain the signs that start of labour and its stages of labour.

(j) Briefly explain the long term post natal problems and its management.

FEBRUARY 2005

[KM 606 G]

Sub. Code : 8006

MASTER OF PHYSIOTHERAPY (MPT) DEGREE
EXAMINATION.

(Common to New / Revised Regulations)

Elective — P.T. IN OBSTETRICS AND GYNAECOLOGY

Time : Three hours Maximum : 100 marks

Theory : Two hours and forty minutes	Theory : 80 marks
---	-------------------

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

I. Write an Essay on : (2 × 15 = 30)

(1) The role of obstetric physiotherapists on antenatal care.

(2) Discuss the uses of suitable physiotherapy modalities to manage labour pain.

II. Write Short notes on : (10 × 5 = 50)

(a) Discuss the mechanics of back and pelvic girdle pain.

(b) Give an account on various types of urinary incontinence and its cause.

(c) What are the circulatory disorders expected during pregnancy and discuss its P.T. Management.

(d) Describe the mechanics of labour and its effects on pelvic floor and perineum. (2 + 3)

(e) Explain complications of labour.

(f) Discuss the common immediate postnatal problem and its management.

(g) Describe the post menopausal problems and its prevention.

(h) Explain the physiological changes of musculo skeletal system in pregnancy.

(i) Discuss the various postures to ease labour in relation with labour mechanics.

(j) Lower urinary tract infection.

AUGUST 2005

[KN 606 G]

Sub. Code : 8006

**MASTER OF PHYSIOTHERAPY(MPT) DEGREE
EXAMINATION.**

(Common to New / Revised Regulations)

Elective — P.T. IN OBSTETRICS AND GYNAECOLOGY

Time : Three hours Maximum : 100 marks

Theory : Two hours and forty minutes	Theory : 80 marks
---	-------------------

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

I. Essay: (2 × 15 = 30)

(1) Describe the Neural control of continence. Explain various types of Incontinence and add a note on role of physiotherapist in preventing and treating stress Incontinence.

(2) Describe the Anatomical and physiological changes during pregnancy. Explain the importance of physiotherapy during this period.

II. Short notes : (10 × 5 = 50)

- (a) Diastasis Recti abdominis.
- (b) Gestational diabetes.
- (c) Importance of Relaxation during labour.
- (d) Pre-eclampsia.
- (e) Hormonal changes during normal labour.
- (f) Physiotherapy management for Preterm
nts.
- (g) Maternity blues.
- (h) Therapeutic effects of pelvic floor exercises.
- (i) Massage in labour.
- (j) Costal margin pain during pregnancy.

Infants.

MARCH 2006

[KO 606 G]

Sub. Code : 8006

**MASTER OF PHYSIOTHERAPY (MPT) DEGREE
EXAMINATION.**

(Common to New / Revised Regulations)

Elective — P.T. IN OBSTETRICS AND GYNAECOLOGY

Time : Three hours Maximum : 100 marks

Theory : Two hours and forty minutes	Theory : 80 marks
---	--------------------------

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

I. Essay : (2 × 15 = 30)

(1) Describe in detail about the role of P.T. in immediate and long-term postnatal problems.

(2) Justify the techniques and use of TENS in pregnancy, labour, and postnatal period.

II. Short notes : (10 × 5 = 50)

(a) PT in lower urinary tract dysfunction.

(b) Grading systems for Pelvic floor muscle (PFM) contractions.

(c) PT care of patients undergoing gynaecological surgery.

(d) Risk factors for osteoporosis in women.

(e) High risk pregnancy.

(f) **Role of PT with lactating women.**

(g) CTS in pregnancy.

(h) **Pregnancy tests.**

(i) Physiological changes associated with pregnancy.

(j) Influence of pregnancy on posture.

FEBRUARY 2007

[KQ 606 G]

Sub. Code : 8006

**MASTER OF PHYSIOTHERAPY (M.P.T.) DEGREE
EXAMINATION.**

(Common to New/Revised Regulations)

Elective : P.T. IN OBSTETRICS AND GYNAECOLOGY

Time : Three hours

Maximum : 100 marks

**Theory : Two hours and
forty minutes**

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

I. Essay questions :

(1) Explain the exercise program for High risk pregnancy. Also explain the guidelines and precautions for the same. (20)

(2) Write in detail about the Physiotherapy management of Pelvic floor dysfunction. (15)

(3) Explain the electrotherapeutic modalities for the obstetric problems. (15)

II. Short notes :

(6 × 5 = 30)

- (a) Types of Pelvis
 - (b) Risk factors in pregnancy
 - (c) Disorders associated with menstruation
 - (d) Physiotherapy in first stage of labour
 - (e) Symphysis pubis dysfunction
 - (f) Brow Vs Compound presentation
-

MARCH 2008

[KS 606 G]

Sub. Code : 8111

**MASTER OF PHYSIOTHERAPY (MPT) DEGREE
EXAMINATION.**

(Common to New/Revised Regulations)

**Elective — P.T. IN OBSTETRICS AND
GYNAECOLOGY**

Q.P.Code : 278111

Time : Three hours

Maximum : 100 marks

I. Long Essay : (2 × 20 = 40)

1. Describe in detail about the Sacroiliac joint dysfunction and its management.

2. Explain the electrotherapeutic modalities for the obstetric problems.

II. Short notes : (10 × 6 = 60)

1. Suspensory ligaments.

2. Actions of main hormones of menstrual cycle.

3. Postural adaptation during pregnancy.

4. Mechanism of labour.

5. Coccydynia.

6. Partogram.

7. Management of pelvic girdle pain.

8. Ectopic pregnancy.

9. Breast feeding problems.

10. Guidelines for women exercising during pregnancy.

March 2009

[KU 606 G]

Sub. Code: 8111

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

(Common to New/Revised Regulation)

Elective – P.T. IN OBSTETRICS AND GYNAECOLOGY

Q.P. Code : 278111

Time : Three hours

Maximum : 100 marks

Answer All questions

Draw suitable diagrams where ever necessary

I. Essay questions : (2 x 20 = 40)

1. Describe in detail about the pelvic floor muscles, grading system for pelvic floor muscle contractions and its significance in relation to urinary incontinence.
2. Elaborate on antenatal exercises, benefits of antenatal exercises and physiotherapy management of low back pain during the antenatal period.

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

1. Pain relief during labour.
2. Partogram.
3. Diastasis Recti and its management during post natal period.
4. Post natal exercises and its benefits.
5. Conditioning exercises.
6. Physiological changes in endocrine system during pregnancy.
7. Post menopausal osteoporosis.
8. Post operative complications of mastectomy and its management.
9. Breathing techniques used in various stages of labour.
10. Post operative physiotherapy management in hysterectomy patients.

September 2009

[KV 606 G]

Sub. Code: 8111

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

(Common to New/Revised Regulation)

Elective – P.T. IN OBSTETRICS AND GYNAECOLOGY

Q.P. Code : 278111

Time : Three hours

Maximum : 100 marks

Answer All questions

Draw suitable diagrams where ever necessary

I. Essay questions : (2 x 20 = 40)

1. Define diastasis recti. Describe its causes, types, testing and recommended graduated exercises.
2. A 40 yrs. Old female underwent total abdominal hysterectomy with bilateral salpingo – Oophorectomy for a uterine tumour. Explain in detail the physiotherapy assessment and management following surgery.

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

1. Pelvic floor muscles.
2. Puerperium.
3. Perineal pain.
4. Cystometry.
5. Management of sacro iliac joint dysfunction.
6. Supports of uterus.
7. Antenatal screening tests.
8. Stress incontinence.
9. Climacteric.
10. Carpal tunnel syndrome.

March 2010

[KW 711]

Sub. Code: 8111

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

(Common to New/Revised Regulation)

Elective – P.T. IN OBSTETRICS AND GYNAECOLOGY

Q.P. Code : 278111

Time : Three hours

Maximum : 100 marks

Answer All questions

Draw suitable diagrams where ever necessary

I. Essay questions : (2 x 20 = 40)

1. Describe stages of labour. Add a note on the physiotherapy intervention during labour.
2. Describe the physiotherapy evaluation and treatment of stress urinary incontinence.

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

1. Hormones and their functions in pregnancy.
2. Body mechanics guidelines for post caesarean patients.
3. Pelvic motion training.
4. Physiological changes of cardio respiratory system in pregnancy.
5. Contraceptive methods.
6. Deep vein thrombosis.
7. Causes of post natal back pain and its physiotherapy management.
8. Clinical assessment of new born.
9. Post operative physiotherapy management for hysterectomy.
10. Biomechanics of the female pelvis.

MAY 2011

[KY 711]

Sub. Code: 8111

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

Revised Regulation :

For candidates admitted from 2000-2001 onwards & 2005-2006 onwards

PAPER – II PHYSIOTHERAPY (Elective Subject)

OBSTETRICS AND GYNAECOLOGY – (Elective)

Q.P. Code : 278111

Time : Three hours

Maximum : 100 marks

Answer All questions

Draw suitable diagrams where ever necessary

I. Essay Questions : (2 x 20 = 40)

1. Briefly describe the Role of Sacro-iliac joints and its ligaments in pregnancy.
Explain about Sacro-iliac joint dysfunction and its positional treatment.
2. Explain in detail about the ergonomic principles and home exercises in post natal period.

II. Write Short Notes : (10 x 6 = 60)

1. Suspensory ligaments.
2. Effect of pregnancy on respiratory system.
3. Ectopic pregnancy.
4. Pregnancy induced hyper tension.
5. Post operative complications of lower segmental section.
6. Pelvic floor and pelvic tilting exercises.
7. Contradictions to exercise during pregnancy.
8. Restless leg syndrome and its treatment.
9. Re education of Diastesis Recti Abdominis.
10. Bladder retraining.

October 2011

[KZ 711]

Sub. Code: 8111

MASTER OF PHYSIOTHERAPY (MPT) DEGREE EXAMINATION

SECOND YEAR

PAPER – II PHYSIOTHERAPY (ELECTIVE SUBJECT)

OBSTETRICS AND GYNAECOLOGY – (ELECTIVE)

Q.P. Code : 278111

**Time : 3 hours
(180 Min)**

Maximum : 100 marks

Answer ALL questions in the same order.

I. Elaborate on :

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

- | | | | |
|--|----|----|----|
| 1. Explain in detail the specific postnatal problems and its physiotherapy management. | 17 | 40 | 20 |
| 2. Describe the following | | | |
| (a) Pelvic floor Muscle assessment | 17 | 40 | 20 |
| (b) Pelvic floor muscle rehabilitation and functional training. | | | |

II. Write notes on :

- | | | | |
|---|---|----|---|
| 1. Patello femoral stress syndrome. | 4 | 10 | 6 |
| 2. Normal dietary requirements during growth spurt. | 4 | 10 | 6 |
| 3. Dysmenorrhoea. | 4 | 10 | 6 |
| 4. Contraceptive methods. | 4 | 10 | 6 |
| 5. Pregnancy tests. | 4 | 10 | 6 |
| 6. Carpal tunnel syndrome. | 4 | 10 | 6 |
| 7. Labour pain. | 4 | 10 | 6 |
| 8. Role of physiotherapy with lactating women. | 4 | 10 | 6 |
| 9. Assessment of new born. | 4 | 10 | 6 |
| 10. Physiotherapy management of abdominal surgery. | 4 | 10 | 6 |

[LA 711]

Sub. Code: 8111

MASTER OF PHYSIOTHERAPY (MPT) DEGREE EXAMINATION

SECOND YEAR

PAPER – II PHYSIOTHERAPY (ELECTIVE SUBJECT)

OBSTETRICS AND GYNAECOLOGY - ELECTIVE

Q.P. Code : 278111

Time : 3 hours

Maximum : 100 marks

(180 Min)

Answer ALL questions in the same order.

I. Elaborate on :

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

- | | | | |
|---|----|----|----|
| 1. Discusse in detail about fitness in the child bearing year. | 17 | 40 | 20 |
| 2. Write in detail the role of physiotherapist's in the management of osteoporosis. | 17 | 40 | 20 |

II. Write notes on :

- | | | | |
|---|---|----|---|
| 1. Idiopathic scoliosis. | 4 | 10 | 6 |
| 2. Amenorrhoea. | 4 | 10 | 6 |
| 3. Obesity. | 4 | 10 | 6 |
| 4. Complications of pregnancy. | 4 | 10 | 6 |
| 5. Vaginusmus. | 4 | 10 | 6 |
| 6. Diastasis rectus abdominis. | 4 | 10 | 6 |
| 7. Epidural analgesia. | 4 | 10 | 6 |
| 8. Ergonomic control of musculoskeletal injuries for women in work place. | 4 | 10 | 6 |
| 9. Role of physiotherapist in pelvic floor repair. | 4 | 10 | 6 |
| 10. Electrotherapy options for labour pain and post natal problems | 4 | 10 | 6 |

[LB 711]

OCTOBER 2012
MPT DEGREE EXAMS
SECOND YEAR

Sub. Code: 8111

PAPER – II PHYSIOTHERAPY (ELECTIVE SUBJECT)
OBSTETRICS AND GYNAECOLOGY - ELECTIVE
Q.P. Code : 278111

Time : 3 hours
(180 Min)

Maximum : 100 marks

Answer ALL questions in the same order.

I. Elaborate on :

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

- | | | | |
|--|----|----|----|
| 1. Explain in detail about the Physiotherapy management for High risk pregnancy. | 17 | 40 | 20 |
| 2. Describe about the Physiotherapy care of patients undergoing gynecological surgery. | 17 | 40 | 20 |

II. Write notes on :

- | | | | |
|---|---|----|---|
| 1. Perineometer. | 4 | 10 | 6 |
| 2. Premenstrual syndrome. | 4 | 10 | 6 |
| 3. Breathing exercise during labour. | 4 | 10 | 6 |
| 4. Antenatal back care programme. | 4 | 10 | 6 |
| 5. Physiotherapy management for Diastasis rectus abdominis. | 4 | 10 | 6 |
| 6. Pelvic floor muscles. | 4 | 10 | 6 |
| 7. Physiotherapy management for nerve compression syndromes during pregnancy. | 4 | 10 | 6 |
| 8. Postmenopausal problems and their Physiotherapy management. | 4 | 10 | 6 |
| 9. Induction of Labour. | 4 | 10 | 6 |
| 10. Postnatal exercises following Caesarean section | 4 | 10 | 6 |

[LC 711]

**APRIL 2013
MPT DEGREE EXAMS
SECOND YEAR**

Sub. Code: 8111

**PAPER – II PHYSIOTHERAPY (ELECTIVE SUBJECT)
OBSTETRICS AND GYNAECOLOGY - ELECTIVE**

Q.P. Code : 278111

Time : 3 hours

Maximum : 100 marks

I. Elaborate on :

(2x20=40)

1. Explain in detail about the Physiotherapy assessment and treatment for faecal incontinence and bowel dysfunction.
2. Explain in detail about the pain during labour and various coping techniques.

II. Write notes on :

(10x6=60)

1. Physiotherapy for dysmenorrhea.
2. Role of physiotherapy with lactating women.
3. Explain the types and complications of hysterectomy.
4. Guidelines for women exercising during pregnancy.
5. Physiotherapy management for sacroiliac joint dysfunction during pregnancy.
6. Posture exercises during pregnancy.
7. Pelvic floor awareness and strength training.
8. Explain pelvic inlet with its types.
9. Types of Urinary incontinence and its Physiotherapy management.
10. Ultrasound treatment for acute perineal trauma.
