



## **Physiotherapy in Orthopaedics – Chapter 1 Question Bank (Updated)**

### **Chapter 1: Introduction to Orthopaedics & General Assessment**

#### **I. Very Short Answer Questions (2 Marks)**

1. Define orthopaedics.
2. List the functions of bone.
3. What is fracture?
4. Define sprain and strain.
5. What is callus formation?
6. Name the stages of fracture healing.
7. Define dislocation.
8. Mention two complications of fracture.
9. What is malunion?
10. Define osteoporosis.
11. Mention two examples of special tests in orthopaedics.
12. What is the purpose of special tests?

#### **II. Short Notes (5 Marks)**

1. Stages of fracture healing.
2. Classification of fractures.
3. Complications of fracture.
4. Principles of fracture management.
5. Pathological fracture.
6. Dislocation vs Subluxation.
7. Types of bone grafts.
8. Osteomyelitis – causes and clinical features.
9. Immobilization methods used in fracture treatment.
10. Special tests for ligament injuries (e.g., Anterior Drawer Test, Lachman's Test).
11. Special tests for shoulder joint (e.g., Apprehension Test, Drop Arm Test).
12. Special tests for spine (e.g., Straight Leg Raise Test, Slump Test).

#### **III. Long Essays (15 Marks)**

1. Describe in detail the stages and factors influencing fracture healing
2. Explain classification of fractures with examples.
3. Discuss complications of fractures and their management.
4. Write the principles of fracture treatment with role of physiotherapy.
5. Explain in detail about bone grafts and their uses.
6. Describe the clinical features, diagnosis, and management of dislocation.
7. Write in detail about osteoporosis and physiotherapy management.
8. Discuss the importance of special tests in orthopaedic assessment with examples.
9. Explain examination of knee joint with relevant special tests.
10. Describe clinical examination of the shoulder joint with special tests.

#### **IV. MCQs (Choose the best answer)**

1. Lachman's test is used to assess:  
a) ACL injury

- b) PCL injury
  - c) Meniscus injury
  - d) Collateral ligament injury
2. Straight Leg Raise test is done for:
- a) Hip fracture
  - b) Sciatica/IVDP
  - c) Knee arthritis
  - d) Shoulder instability
3. Apprehension test is used in:
- a) Hip dislocation
  - b) Shoulder instability
  - c) Tennis elbow
  - d) Carpal tunnel syndrome
4. Drop Arm Test indicates:
- a) Rotator cuff tear
  - b) Frozen shoulder
  - c) Osteoarthritis
  - d) Carpal tunnel syndrome
5. McMurray's test is used for:
- a) ACL injury
  - b) Meniscus injury
  - c) Tennis elbow
  - d) Plantar fasciitis