SNS COLLEGE OF PHYSIOTHERAPY

(Affiliated by the Tamil Nadu Dr. M.G.R.Medical University, Chennai)

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These questions are under taken by TNMGRU,RRB,MRB
Question Paper: Soft Tissue Lesions in Clinical Orthopaedics for Physiotherapy

Q.No	Question Description	Marks	DT Level	Bloom's Taxonomy Level
15-Mark Questions				
1	A 30-year-old soccer player feels a sharp pop in his calf during a sprint, with severe pain, widespread bruising, and inability to walk. As a physiotherapist, analyze the injury type and severity, design a surgical management plan, and outline a 6-week rehab program. Include a diagram of the injury.	15	Difficult	Creating
2	A 25-year-old hiker twists her ankle, reporting moderate pain, swelling, and slight joint laxity but no instability. Evaluate the pros and cons of conservative vs. surgical management, recommending a treatment path with justification. Include a timeline exhibit.	15	Difficult	Evaluating
3	A 40-year-old factory worker crushes his hand in machinery, damaging tendons and skin with contamination. Analyze the injury components (tendon, nerve, soft tissue) and prioritize debridement steps using the 5 Cs criteria. Role-play a patient explanation.	15	Difficult	Analyzing
4	A 22-year-old basketball player develops traumatic myositis ossificans after an elbow dislocation and improper massage. Evaluate why initial management failed and propose a revised treatment plan, including surgical timing. Create a decision tree exhibit.	15	Difficult	Evaluating
5	A 35-year-old cyclist falls, developing a diffuse intermuscular hematoma in his thigh. Analyze why bleeding persists compared to a contained hematoma and design a management protocol with compression techniques. Include a comparison chart.	15	Difficult	Analyzing
6	A 50-year-old gardener pricks her finger, leading to acute suppurative tenosynovitis with swelling and a flexed posture. Create an innovative prevention toolkit for rural	15	Difficult	Creating

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	workers, integrating infection control. Include a prototype sketch.			
7	A 28-year-old tennis player reports outer elbow pain from repetitive backhands, with tendon degeneration but no inflammation. Analyze the pathology (tenocyte loss, calcification) and propose a rehab program with eccentric exercises. Include an exercise chart.	15	Difficult	Analyzing
8	A 55-year-old carpenter develops Dupuytren's contracture, causing finger flexion and tool-handling issues. Create a novel rehab program using technology (e.g., VR stretches) and justify its benefits. Include a tool design sketch.	15	Difficult	Creating
9	A 26-year-old motorcyclist sustains an open fracture with soft tissue damage and road debris. Evaluate debridement priorities and closure options, justifying delayed vs. primary closure. Include a wound layer diagram.	15	Difficult	Evaluating
10	A 19-year-old dancer partially tears her knee ligament, with moderate laxity but no gross instability. Apply a conservative management plan, detailing physiotherapy modalities (e.g., ultrasound) and progression. Include a rehab timeline.	15	Moderate	Applying
5-Mark Questions				
11	A 32-year-old runner feels mild calf pain after a race, with tenderness but no swelling. Explain the pathology of a first-degree strain and outline RICE application steps. Include a simple diagram.	5	Moderate	Understanding
12	A 45-year-old loader strains his back lifting a box, with spasm and limited movement. Describe the biomechanics of a second-degree strain and list three physiotherapy exercises.	5	Moderate	Understanding
13	A 27-year-old cyclist develops an intramuscular hematoma after a collision. Explain why bleeding stops quickly compared to an intermuscular hematoma. Include a comparison table.	5	Moderate	Understanding
14	A 38-year-old typist experiences wrist pain with crepitus from typing. Describe the mechanism of irritative tenosynovitis and suggest two physiotherapy modalities.	5	Moderate	Understanding
15	A 24-year-old footballer dislocates his elbow, later developing stiffness. Explain how improper massage leads to traumatic myositis	5	Moderate	Understanding

Q.No	Question Description	Marks	DT Level	Bloom's Taxonomy Level
	ossificans. Suggest one preventive measure.			
16	A 21-year-old athlete fully tears his ankle ligament, causing instability. Apply a surgical referral protocol and list two post-op physiotherapy goals.	5	Moderate	Applying
17	A 33-year-old worker sustains a biceps tendon rupture. Apply a surgical management plan and describe one post-op physiotherapy technique.	5	Moderate	Applying
18	A 29-year-old hiker twists her ankle with minimal swelling and no instability. Apply the RICE protocol and describe one follow-up exercise.	5	Easy	Applying
19	A 40-year-old mechanic crushes his finger, damaging tendons. Apply a primary repair protocol for a clean wound and list one precaution.	5	Moderate	Applying
20	A 50-year-old gardener has a thickened palm and curled finger. Describe the pathology of Dupuytren’s contracture and suggest one conservative treatment.	5	Moderate	Understanding
2-Mark Questions				
21	Define a first-degree muscle strain and give one clinical feature.	2	Easy	Remembering
22	State the difference between a sprain and a strain.	2	Easy	Remembering
23	List two complications of a third-degree ligament sprain.	2	Easy	Remembering
24	Define an intramuscular hematoma and name one management step.	2	Easy	Remembering
25	State one cause of traumatic myositis ossificans.	2	Easy	Remembering
26	Explain why passive stretching is avoided in traumatic myositis ossificans.	2	Easy	Understanding
27	Describe one clinical feature of acute suppurative tenosynovitis.	2	Easy	Understanding
28	Explain what RICE stands for in soft tissue injury management.	2	Easy	Understanding
29	Describe one feature of tennis elbow pathology.	2	Easy	Understanding
30	State one reason why ligament healing involves scar tissue.	2	Easy	Understanding