



### *Examination*

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## *Exam Questions*

**1. Balance control in humans is not reliant upon:**

- a. visual cues
- b. vestibular cues
- c. cues coming from the entire muscular system
- d. cues coming from the entire immune system

**2. Which input is very important in maintaining balance and posture?**

- a. visual input
- b. auditory input
- c. tactile input
- d. kinesiologic input

**3. When do infants acquire adequate neck muscle control, enough to stabilize their head?**

- a. 2 months
- b. 3 months
- c. 4 months
- d. 6 months

**4. In this stage, when children begin to walk, what is deemed to be the important step?**

- a. stabilization of the neck
- b. stabilization of the thoracic spine
- c. stabilization of the pelvis
- d. stabilization of the knees

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**5. In the case study by Mandelbaum et al 2005 with soccer players for proprioceptive training, over a two year period, the occurrence of anterior cruciate ligament injury was reduced by how many percentage points in the proprioceptive training group as compared to the control group?**

- a. 75%
- b. 78%
- c. 85%
- d. 88%

**6. Proprioceptive training strategies result in all of the following except:**

- a. Enhanced balance
- b. Enhanced joint perception
- c. Increased ankle injuries and sprains
- d. Improved posture maintenance.

**7. Dr. Heath and colleagues at the Utah State University, Logan, UT and Lamar University, Beaumont, Texas subjected the participants to tests for static balance. Static balance test included all of the following except:**

- a. double leg stance
- b. single leg stance
- c. tandem stance
- d. heel raise stance

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**8. Which disease can cause chronic and repetitive inflammation of joints in children?**

- a. Juvenile rheumatoid arthritis
- b. Scleroderma
- c. Scoliosis
- d. Duchenne muscular dystrophy

**9. In a case reported by Timothy E Hewett and colleagues in Physical Therapy in 2005, a 10-year-old with a case history of JRA was treated with a specialized neuromuscular training protocol. The warm up included:**

- a. walking with intervals of running on the treadmill
- b. maintaining single leg stance for 5 minutes
- c. heel to toe walking for 20 feet
- d. negotiating 4 inch steps

**10. In the same study above, they employed different components to their proprioceptive training protocol. Which of the following components are not used?**

- a. Core Strengthening
- b. Endurance Training
- c. Unanticipated Training
- d. Landing Stance Correction

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**11. Participants who underwent yoga training demonstrated an increase in the maximum voluntary contraction force with the knee extensors by how many percentage points?**

- a. 11%
- b. 12%
- c. 13%
- d. 14%

**12. Exercise is known to increase the levels of:**

- a. endorphins
- b. norepinephrine
- c. bradykinin
- d. substance P

**13. Dr. Buchman and colleagues examined the correlations between daily physical activity and cognitive functions of elderly people not suffering from dementia. Which type of exercise proved to be most beneficial**

- a. core strengthening
- b. low impact exercise
- c. heavy lifting
- d. endurance training

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**14. Patients with mild cognitive impairment (MCI) were treated with combined approach of group activity planning, assertiveness training, stress management memory training and motor exercise. Following four weeks of therapy, patients with MCI showed significant improvements in performing:**

- a. daily living tasks
- b. gait
- c. distance running
- d. lifting heavy objects

**15. Parkinson's Disease patients with moderately advanced stage of disease were recruited in a gait training program. Patients were stabilized with safety harnesses onto treadmills and were asked to walk in all four directions (sideways, forwards and backwards). The training was carried out for**

- a. an hour, thrice a week for 2 weeks
- b. an hour, thrice a week for 4 weeks
- c. an hour, thrice a week for 6 weeks
- d. an hour, thrice a week for 8 weeks

**16. This exercise required a person to stand on one leg, say the left leg. The right leg is then raised such that the thigh is parallel to the ground and the knee is bent. The leg is then stretched forward such that the leg is now fully extended and parallel to the ground. Flexing the right hip, the leg is to be extended backward until the heel can point towards the buttocks. The right knee should then be flexed to bring the leg back to the ground.**

- a. single leg stance
- b. bicycle swings
- c. toe walking
- c. heel walking

**17. According to the model proposed by Dr. Christine Assaiante, stabilization of the head and neck is task dependent but pelvic stabilization is an integral part of all activities that children can perform upto the age of 6-7 years. Which exercise will be best?**

- a. jumping through tires
- b. playing catch
- c. running
- d. negotiating stairs

**18. This type of training requires sudden changes forcing reactionary loads on the patient's leg joints (within safe limits). This training protocol akin to maneuvers that the athlete would encounter in sport-specific training. These include sprinting and cutting drills.**

- a. limb symmetry
- b. warm up
- c. unanticipated training
- d. core strengthening

**19. Yoga sessions conducted for 75 minutes every day were found to improve proprioception. These sessions included all of the following except:**

- a. Loosening (stretching) exercises for 5 minutes
- b. Breathing exercises for 10 minutes
- c. Physical postures (aka asanas) for 20 minutes
- d. involuntary unregulated breathing (pranaayam) for 10 minutes

**20. Although women show a greater capability to balance on one leg, they display a time lag in sensing knee joint movement. This lack of proprioception seems to be compensated by greater activation of which muscle (as compared to men) when completing tasks like landing after a jump?**

- a. quadriceps
- b. hamstrings
- c. gluteus maximus
- d. gastrocsoleus

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## *Answer sheet*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Profession: \_\_\_\_\_

License Number: \_\_\_\_\_

Date: \_\_\_\_\_

E-mail Address (optional): \_\_\_\_\_

Exam:

1.	a	b	c	d
2.	a	b	c	d
3.	a	b	c	d
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5.	a	b	c	d
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16.	a	b	c	d
17.	a	b	c	d
18.	a	b	c	d
19.	a	b	c	d
20.	a	b	c	d



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Objective 5 5 4 3 2 1

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