



*(University of Choice)*

**MASINDEMULIROUNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
(MMUST)  
MAIN CAMPUS  
UNIVERSITY EXAMINATIONS  
2016/2017 ACADEMIC YEAR  
FIRST YEAR, SEMESTER ONE EXAMINATIONS  
FOR THE DEGREE  
OF  
BACHELOR OF SCIENCE IN PHYSIOTHERAPY**

**COURSE CODE: BSP 111**

**COURSE TITLE: FOUNDATIONS OF PHYSIOTHERAPY**

**DATE: 7/12/2016**

**TIME: 2.00-5.00PM**

---

Instructions to Candidates

Answer All Questions

Section A: Multiple Choice Questions (MCQ) 20 Marks.

Section B: Short Answer Questions (SAQ) 40 Marks.

Section C: Long Answer Question (LAQ) 40 Marks

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over.

**SECTION A MULTIPLE CHOICE QUESTIONS (MCQs) 20 marks**

1. The earliest documented origins of physiotherapy (physical therapy) as a professional group date back to----- "Father of Swedish Gymnastics."
  - A. A Per Hemerik Leung
  - B. B Per Henrik Lung
  - C. C Per Henrik Ling
  - D. D Per Hemerik Lang
2. The School of Physiotherapy at the University of Otago in New Zealand was established in
  - A. 1913
  - B. 1887
  - C. 1813
  - D. 1914
3. Modern physiotherapy was established in Britain towards the end of the ----- century
  - A. 18<sup>th</sup>
  - B. 19<sup>th</sup>
  - C. 20<sup>th</sup>
  - D. 21<sup>st</sup>
4. -----defines physical therapy as: "clinical applications in the restoration, maintenance, and promotion of optimal physical function."
  - A. The American Physical Therapy Association
  - B. British Physical Therapy Association
  - C. Swedish Physical Therapy Association
  - D. Canadian Physical Therapy Association
5. In the 19<sup>th</sup> Century, American orthopedic surgeons began treating children with disabilities and began employing women trained in
  - A. Strengthening exercises, massage, and remedial exercises.
  - B. Physical education, massage, and remedial exercises.
  - C. Mental health, massage, and remedial exercises.
  - D. Occupational health, massage, and remedial exercises.
6. During the First World War women were recruited to-----, and the field of physiotherapy (physical therapy) was institutionalized.
  - A. Work with and restore reading function to injured soldiers
  - B. Work with and restore physical function to injured soldiers
  - C. Work with and restore hearing function to injured soldiers
  - D. Work with and restore chewing function to injured soldiers
7. Physical treatment through the 1940s primarily consisted of
  - A. Exercises, massage, and traction.
  - B. Heat therapy, exercises, massage, and traction.
  - C. Ultra sound, exercises, massage, and traction
  - D. Wax therapy, exercises, massage, and traction

**MMUST observes ZERO tolerance to examination cheating**

This Paper Consists of 5 Printed Pages. Please Turn Over.

8. Physiotherapists assess, plan and implement rehabilitative programs that improve or restore human motor functions, maximize movement ability, relieve pain syndromes, and treat or prevent physical challenges associated with injuries, diseases and other impairments. This is according to:

- A. Swedish Gymnastics
- B. Chartered Society of Physiotherapy
- C. American Physical Therapy Association
- D. World Health Organization

9. Your patient has been suffering from chronic low back pain for many years now. She voices her frustration with the various treatment modalities that you have been trying and says her friend had recommended a homeopath. How do you respond?

- A. Encourage your patient to consult with local experts or the library to find out more about what homeopathy can offer.
- B. Inform the patient that homeopathy is ineffective in treating her medical condition.
- C. Respond by saying that complementary medical therapy is reasonable for her condition and definitely not harmful.
- D. Encourage patient to see a homeopath and discourage from staying in contact with you

10. As primary health care professionals, physiotherapists combine in-depth knowledge of how the body works with specialized hands-on clinical skills to assess, diagnose and treat symptoms of illness, injury or disability. This is:

- A. The goal of physiotherapy
- B. What physiotherapists do
- C. The cost of physiotherapy
- D. The technique physiotherapists' use

11. Physiotherapists prescribe personalized therapeutic exercises, and provide essential education about the body, what keeps it from moving well, how to restore mobility and independence, and how to avoid or prevent bodily harm. This is

- A. How physiotherapists achieve their goal
- B. The goal of physiotherapy
- C. What physiotherapists do
- D. The technique physiotherapists' use

12. A physiotherapist's is to restore, maintain and maximize your strength, function, movement and overall well-being. This is the

- A. Mission of physiotherapy
- B. Vision of physiotherapy
- C. Aim of physiotherapy
- D. The goal of physiotherapy

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over.

13. Treatment plan involve education, exercise, and manual therapy components. Depending on condition, this may include mobilization, manual therapy, work hardening, techniques and modalities to reduce pain, acupuncture, corrective techniques to improve heart and lung function and cardiac conditioning, demonstration of therapeutic exercise, and education about conditions, treatment plan and prognosis for getting better. This is
- The technique physiotherapists' use
  - Aim of physiotherapy
  - The goal of physiotherapy
  - The objective of physiotherapy
- 14.....include heat/cold therapy, ultrasound, electrical stimulation, massage, and joint mobilization.
- Palliative modalities
  - Active modalities
  - Passive modalities
  - Elective modalities
15. The .....of physiotherapy is to help the patient return to active life as quickly as possible. Therapy strives to reduce pain, increase flexibility, range of motion, and function, build strength, and correct posture.
- Aim
  - Goal
  - Vision
  - Purpose
- 16....., or therapeutic exercise includes stretching, strengthening, and postural modification to rehabilitate the spine and prevent re-injury.
- Active therapy
  - Passive therapy
  - Induced therapy
  - Strengthening therapy
17. Three valuable rules to help us have a Successful Career in Physical Therapy are
- Covering tattoos, Libeling, and Professional Behavior
  - Covering tattoos, felony, and Professional Behavior
  - Covering tattoos, Uniforms, and Professional Behavior
  - Covering tattoos, Slandering, and Professional Behavior
18. A Cure for Physical and Emotional Pain is achieved through:
- Music Therapy:
  - Heat Therapy:
  - Wax Therapy:
  - Exercise Therapy:
19. Physiotherapists are highly qualified health professionals who work in partnership with their patients to help them get;
- Better and live well
  - Good and stay well.
  - Better and talk well
  - Better and stay well

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over.