

5/ During knee extension, there are fundamental arthokinematic movements that occur inside the joint.

Which of the following describes the "glide/slide" fundamental arthokinematic movements?

- O A. Multiple points on 1 articular surface contact single points on another surface
- O B. Multiple points on 1 multiple points on another surface articular surface contact
- O C. Single point on 1 articular surface contacts multiple points on another surface
- O D. Single point on 1 articular surface rotates on a single point on another surface

*6/ If a straight line across the middle of the patella and a straight line going down through the center of the tibial tuberosity and another straight line going upward toward the anterior superior iliac spine is drawn, then an angle can be obtained (see image).

Which of the following is the angle that will be obtained?

- O A. A
- O B. L
- O C. K
- O D. Q

7/ A 28-year-old man comes to the clinic with weakness in the left elbow muscles. The physical therapist decides to start the treatment plan by strengthening exercises of the elbow muscles and a kettle patient to carry weight in hand and hold it without any movement in the elbow joint.

What is the type of contraction at the elbow flexion muscles?

- O A. Isometric
- O B. Eccentric
- O C. Isokinetic
- O D. Concentric

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27/ A 41-year-old patient with posterior hip dislocation after trauma, during assessment, there is nerve damage associated with this injury.

Which of the following nerves is affected?

- O A. Sciatic
- OB. Femoral
- OC. Superior gluteal
- O D. Inferior gluteal

28/ A 22-year-old patient with weak shoulder flexor. The physical therapist decided to give him some exercises to strengthen the shoulder flexor muscle in standing.

Which of the following planes of motion is the most appropriate to do these exercises?

- O A. Frontal
- O B. Sagittal
- O C. Coronal
- O D. Transverse

29/ A 66-year-old patient complains of sensory changes due to a narrowed spinal canal as a result of degeneration.

Which of the following postures is most likely recommended to increase the canal size?

- O A. 10-degree flexion
- O B. 15-degree Flexion
- O C. 0-degree extension
- O D. 15-degree extension

30/ A 35-year-old woman with hip/pelvic dysfunction is referred to physical therapy. The physical therapist instructed the patient to do bridging exercise.

What is the muscle group working most in bridging exercise?

- O A. Hip flexors and spine flexors
- O B. Hip flexors and spine extensors
- O C. Hip extensors and spine flexors
- O D. Hip extensors and spine extensors

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