

280/To do max stretch to biceps

- [a-Ext shoulder, ext elbow pronation](#)
- b- Ext shoulder, ext elbow supination
- c- Lat rot shoulder ext elbow pronation
- d-Lat rot shoulder , ext elbow supination

281/football player fall in full knee flexion and medial rotation injury to

- a- Acl
- [b-Pcl \\*\\* if there is meniscus we choose it first](#)
- c-Medial collateral

282/the most common action cause acl injury

- a- Lateral twist
- [b- Posterior blow to knee](#)
- c- Anterior blow to knee

283/convex concave role of knee joint in **open chain** movement

- [a-Tibia roll and glide on femur in the same direction](#)
- b-Tibia roll and glide on femur in different direction \*\*choose it in closed chain
- c-Femur roll and glide on tibia in same direction
- d-Femur roll and glide on tibia in different direction

284/Guidelines for safe stretching which of the following ?

- [a- Slow low force](#)
- b-straight line

285/ Regarding closed chain exercise, what of the following?

- a-No resistance to distal part
- b- avoid strengthening from 45 to 90 knee extension
- c- avoid strengthening 90 120 flexion -
- [d-Knees doesn't go posterior to toes](#)

286/30 years old man. Shoulder pain near deltoid insertion up to shoulder cap refers down lat arm to elbow. Which is the reason for the pain

- [A. Teres minor](#)
- B. Levator scapula
- C. Deltoid
- D. Coracobrachialis

287/ which fiber support pelvic floor

- a- ant fiber
- b- post fiber
- [c- antro post d circle](#)

288/Which movement not accompany with hyperextension of cervical spine

- A-poking chin
- B- decrease flexion of lower cervical spine
- [C-increase activity of scm and levator scapulae](#)

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B- Strength hamstring

C- Ice application

207/An abnormal Babinski reflex indicates damage to the:-

a-Spinal cord

b- Brainstem

c-cerebellum

d- Pyramids

208/While assessing the standing posture of a patient, the therapist notes that a spinous process in the thoracic region is shifted laterally. The therapist estimates that T2 is the involved vertebra because he or she notes that it is at the approximate level of the:-

a- inferior angle of the scapula

b- superior angle of the scapula

c- spine of the scapula

d-xiphoid process of the sternum

209/you have been treating a 61 year-old women over a period of four months for adhesive capsulitis which had resulted in a "frozen shoulder". Her recovery has been good, however she still complains that she cannot reach the upper shelves in her kitchen cupboards and closets. To help her achieve his goal, joint mobilization should focus on:

a-inferior glide

b-posterior glide

c-anterior glide

d-grade II oscillations

210/three months following a traumatic injury to the hand, which had resulted in surgical tendon repair and fracture stabilization, a physical therapist is planning a treatment program to address tightness of the lumbricals. Exercises to increase ROM will be best utilized if:-

a-both the MCP and IP joints are moved into flexion

b- both the MCP and IP joints are moved into extension

c-the MCP joints are extended and the IP joints are flexed

d- the MCP joints flexed and the IP joints are extended

211/your interview with an 18-year-old female cross country runner elicits a history of stiffness and diffuse ache in her right knee which is aggravated by prolonged sitting. Based on this information, your physical examination should focus on the likely diagnosis of:-

a-iliotibial band friction syndrome

b-Osgood-schlatter disease

c-meniscal tear

d-patellofemoral syndrome

212/ Following cast immobilization for a now healed supracondylar fracture of the humerus, a patient's elbow lacks mobility. To increase elbow range of motion, joint mobilization in the maximum loose-packed position should be performed at:

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