Name & SEMAPHOR ID: **Total score:** **/100**

Place and Date of exam: **Examiner:**

I.

1. Which component of the examination includes an analysis of posture, structural alignment or deformity, scars, crepitus, color changes, swelling, muscle atrophy, and the presence of any asymmetry?

- **A.** Palpation.
- **B.** Observation.
- **C.** Patient history.
- **D.** None of the above.

2. Which element of patient/client management determines the predicted level of function that the patient will attain, and identifies the barriers that may impact the achievement of optimal improvement (age, medications, socioeconomic status, comorbidities, cognitive status, nutrition, social support, and environment) within a certain time frame?

- **A.** The evaluation.
- **B.** The examination.
- **C.** The prognosis.
- **D.** The diagnosis

3. Which of the following statements are true about the plan of care?

- **A.** It is based on the examination, evaluation, diagnosis, and prognosis, including the predicted level of optimal improvement.
- **B.** It describes the specific interventions to be used, and the proposed frequency and duration of the interventions, required to reach the anticipated goals and expected outcomes.
- **C.** It includes plans for discharge of the patient/client, taking into consideration achievement of anticipated goals and expected outcomes, and provides for appropriate follow-up or referral.
- **D.** All of the *above.*

4. Myositis ossificans is characterized by:

- **A.** Pathologic fractures.
- **B.** Osteochondritis of bone tissue.
- **C.** A fibrous dysplasia of bone.
- **D.** Transformation of soft-tissue structures into bony consistency.

5. 46. A disease in which there is deficiency in mineralization of bone matrix is:

- **A.** Osteogenesis irnperfecta.
- **B.** Osteitis deformans.
- **C.** Osteomalacia.
- **D.** Osteoporosis.

6. While observing the gait of a 67-year-old man with arthritis of the left hip, the physical therapist observes aleft lateral trunk lean. Why does the patient present with this gait deviation?

- **A.** To increase the joint compression force of the involved hip by moving the weight toward it.
- **B.** To decrease the joint compression force by moving the weight toward the involved hip.
- **C.** e. To bring the line of gravity closer to the involved hip joint.
- **D.** Because his right leg is shorter.

7. One of the possible complications following afracture is Volkmann's ischemic contracture. This condition:

- **A.** Is caused by an intelference with the venous return.
- **B.** Is caused by an interference of the nerve supply.
- **C.** May occur if the fracture is sustained in the upper extremity.
- **D.** None of the above.

8. A coxa valga deformity is:

- **A.** An increase in the angle of inclination between the neck of the femur and the shaft.
- **B.** A lengthening of the extremity on the involved side.
- **C.** A deformity of the knee.
- **D.** None of the above.

9. While examining a patient's shoulder you decide to test for the presence of a tea rin the supraspinatus muscle. Which test would you use?

- **A.** Apley's scratch test.
- **B.** Tinel's sign.
- **C.** Drop-arm test.
- **D.** Yergason's test.

10. Which of the following muscles is most important for crutch walking?

- **A.** Anterior deltoid and biceps.
- **B.** Middle deltoid and triceps.
- **C.** Posterior deltoid and subscapularis.
- **D.** Latissimus dorsi and lower trapezius.

11. A40-year-old female developed severe right shoulder pain after painting her kitchen ceiling. Passive and active glenohumeral motions increase pain. What would be your initial hypothesis at this point?

- **A.** Subacromial bursitis.
- **B.** Rotator cuff tendonitis.
- **C.** Aand B.
- **D.** None of the above.

12. A 17-year-old high school basketball player sprained his left ankle 2 days ago. He complains of moderate pain (6/10), and there is moderate swelling that seems to be worsening, causing him to ambulate with an antalgic gait. In this case, the *best* intervention would be:

- **A.** Cold/intermittent compression combination followed by elevation.
- **B.** Cold whirlpool, followed by elastic compression and elevation.
- **C.** Contrast baths and elastic compression.
- **D.** None of the above.

13. You are treating a 50-year-old female with a diagnosis of adhesive capsulitis. The patient reports that her pain has been gradually worsening to the point that she now is unable to move her left upper extremity overhead while performing activities of daily living. The best direction of mobilization for this patient would be:

A. Posterior translatory glides.
B. Anterior inferior translatory glides.
C. Superior glides.
D. None of the above.

14. You are examining afemale dancer with adiagnosis of unilateral spondylolysis at L4. The patient reports generalized low back pain when she stands for longer than 30 minutes and an inability to sleep on her stomach. Objective findings include excessive lumbar lordosis and a positive Ober's test of the right hip. Your interventions should include:

A. Stretching the iliopsoas and iliotibial (IT) band; strengthening the abdominals.
B. Stretching the gluteus medius and maximus; strengthening the abdominals.
C. Advising the patient not to stand for long periods and not to sleep on her stomach.
D. None of the above.

15. In a patient with aspinal cord injury at the T12 level, which of the following would *not* be one of your goals for the intervention?

A. Independent control of the trunk musculature above the level ofT12.
B. Good sitting balance.
C. Bowel and bladder control.
D. Ambulation without assistive device.

16. Which of the following would you expect to find in apatient diagnosed with carpal tunnel syndrome?

A. Tingling in the ulnar side of the hand and reports of pain in the hand with rest.
B. Tingling in the radial side of the hand and pain in the hand at night.
C. A loss of peripheral vision.
D. Pain with elbow extension.

17. An injury to the deep branch of the peroneal nerve would result in a sensory deficit to which of the following locations?

A. Medial side of the foot.
B. Lateral side of the foot.
C. Lateral one and one half toes.
D. Medial border of the sole of the foot.
E. Adjacent dorsal surfaces of the first and second toes.

18. A brachial plexus injury in the upper portion of the plexus produces winging of the scapula. Weakness of which of the following muscles would produce the winging observed?

A. Long head of the triceps.
B. Supraspinatus.
C. Deltoid.
D. Pectoralis major.
E. Serratus anterior.

19. Functions of the "right brain" include all of the following except

- **A.** Control of the left side of the body.
- **B.** Tactile identification of objects.
- **C.** Control of the right side of the body.
- **D.** Processing of information.

20. You decide to use the neurodevelopmental treatment (NOT) approach with a patient recovering from stroke. Which of the following components would not be included:

- **A.** Facilitation of early movement in synergistic patterns followed quickly by movement patterns out-of-synergy.
- **B.** Reduction of spasticity and abnormal reflex activity through positioning and handling techniques.
- **C.** Facilitation of selective movement control out of synergistic patterns.
- **D.** Functional activities emphasizing reintegration of the hemiplegic side.

21. You are planning an intervention for apatient who suffered aleft CVA that has left him hemiparetic on the right side. During the examination, the patient demonstrated strong and dominant hemiplegic synergies in his leg. Which activity would NOT be helpful to break up these synergies?

- **A.** Weight shifts in quadruped.
- **B.** Assuming the bridging position.
- **C.** Rolling from the hook-lying position using lower extremity with PNF pattern (flexion).
- **D.** Foot tapping in asitting position.

22. You are in structing the family of a patient who has a complete spinal cord injury at the level of C6. The passive range-of-motion exercises you want the family to focus on include

- **A.** Keeping all muscles fully ranged through normal ROM.
- **B.** Ranging individual muscles according to specific functional needs.
- **C.** Keeping muscles fully ranged, with hyperflexibility in the low back extensors and hamstrings.
- **D.** Limiting range of motion in the shoulders to promote stability.

23. The importance of surfactant is in its

- **A.** Ability to promote lung tissue growth in keeping with chest development of the child.
- **B.** Lowering the surface tension of the water molecules on the alveolar surface.
- **C.** Ability to dissolve or wash out debris that enters past the cilia.
- **D.** All of the above.

24. You are examining a pulmonary patient who states that he has a daily cough and increased sputum over the past few years. What condition would you suspect this patient to have?

- **A.** Bronchial asthma.
- **B.** Pulmonary emphysema.
- **C.** Chronic bronchitis.
- **D.** Acute bronchitis.

25. All of the following statements apply to cystic fibrosis except

- **A.** It is afamilial disease, the defect transmitted as an autosomal recessive gene.
- **B.** It involves the pancreas.
- **C.** It result in a mucoviscidosis of the glands of the trachea and bronchi only.
- **D.** It may eventually involve the liver, resulting in cirrhosis.

26. Intermittent claudication in the lower extremities suggests

- **A.** Still's disease.
- **B.** Raynaud's disease.
- **C.** Buerger's disease.
- **D.** Pott's disease.

27. Which of the following is the most serious or severe form of mental disease?

- **A.** Psychoneurotic disorders.
- **B.** Psychophysiologic disorders.
- **C.** Psychosomatic disorders.
- **D.** Psychotic disorders.

28. When evaluating risk of falling in an elderly patient, all of the following factors are known to increase risk except

- **A.** Using a walker.
- **B.** Taking three prescription medications.
- **C.** Fear of falling.
- **D.** History of falls.

29. An 80-year-old man who lives at home says he has never fallen but would like to reduce his risk of falling. All these interventions would be appropriate except

- **A.** A multifactorial program that includes exercise with balance training.
- **B.** A multifactorial program that includes a review of medications.
- **C.** A single intervention that consists of education on risk factor modification.
- **D.** A single intervention that consists of vitamin 0 supplementation.

30. You are advising a 72-year-old individual who wants to take part in agraduated conditioning program. Which of the following would be appropriate when prescribing exercise for the healthy elderly?

- **A.** Intensity prescribed using maximal age-related HR.
- **B.** An initial conservative approach to reduce characteristic muscle fatigability.
- **C.** An emphasis on low intensity and increased duration of exercise to avoid injury.
- **D.** All of the above.

31. A patient reports falling downstairs and now complains of pain in the right groin and gluteal area. The right hip is flexed, abducted, and internally rotated. The most likely diagnosis is

- **A.** Dislocated tibia.
- **B.** Fractured femoral head.
- **C.** Dislocated hip.
- **D.** Fractured acetabulum.

32. The most appropriate positioning strategy for a patient recovering from acute stroke who is in bed and demonstrates aflaccid upper extremity is

- **A.** Side-lying on the sound side with the affected upper extremity supported on a pillow and with the shoulder protracted and elbow extended.
- **B.** Side-lying on the affected side with the affected upper extremity flexed overhead.
- **C.** Supine with the affected hand positioned on stomach.
- **D.** None of the above.

33. A common above-knee amputee gait deviation is lateral trunk bending. Which of the following is not a cause?

A. Weak hip abductor.
B. Weak hip adductor.
C. Pain of the stump.
D. Abducted socket.

34. You have been asked to teach apatient in awheelchair how to descend from acurb. Which is the safest method?

A. Tilt the trunk backward and go down backward.
B. Tilt the trunk backward and go down forward.
C. Tilt the trunk forward and go down forward.
D. Tilt the trunk forward and go down backward.

35. A patient diagnosed with right shoulder adhesive capsulitis is limident to 25 degrees of lateral rotation. Which mobilization technique would be indicated based on the patient's limitation?

A. lateral distraction and anterior glide
B. medial distraction and posterior glide
C. lateral distraction and posterior glide
D. medial distraction and inferior glide

II.

Write a short composition on <u>both</u> of the following topics:
(Communicative value: 5p Vocabulary: 5p Coherence-cohesion-Grammar: 5p; 2x15p)

A: What do you know about Hungary and its health care system?

B: What is your motivation to further your studies as a physiotherapist?