



Abhinav Bindra Sports Medicine and Research Institute

BPT 1ST Internal Examination January 2026 (7th Sem)

Date: 05. 01. 2026

Subject: PDPF

Time: 09:00 AM-12:00 Noon

F.M.: 75 marks

A) Long Questions- Answer Any 3 (3 X 15Marks)

1. Write a note on grades and indications of hip joint mobilization techniques as per the Maitland concept
2. A 53 year old shopkeeper complaining low back pain while bending forward and prolonged sitting. And complains of early morning stiffness as well. Briefly discuss the diagnosis of the same using an appropriate school of thought.
3. Define Key points of control and explain in detail about the management of adult hemiparesis using the principles of NDT
4. Enumerate the structural diagnosis model of Cyriax
5. A 42 year old female complaining of gradual onset of nondominant shoulder pain for 15 days while lying on the affected side and reaching the hand behind her back. She is diabetic for 5 years. Write a note on possible differential diagnosis and assessment of the same

B) Short Questions- Answer Any 3 (3 X 10Marks)

1. Brannstrom's stages of recovery
2. Techniques of facilitation and inhibition
3. Brick-wall theory
4. What are the various tissue structures around hip joint classify according to the Cyriax model
5. What are the principles of concave convex rule