



Abhinav Bindra Sports Medicine and Research Institute  
MPT 1st Internal Examination February 2026

*2nd Year*

Date: 04.02.2026

Subject: Specialty Paper-3 (Physiotherapy in Clinical Musculoskeletal Conditions)

Time: 09:00 AM-12:00 PM

F.M.: 80 marks

Question Code-S6

Subject Code- 23MPT2M3

**Long Questions- Answer Any 4 (4 X 15Marks)**

1. Critically appraise modern management approaches for chronic musculoskeletal pain with biopsychological framework.
2. Discuss a case scenario of low back pain integrating
  - a. Kaltenborn Manual therapy
  - b. Modern diagnostic technologies
  - c. Contemporary management strategies
3. What is meant by AI-assisted imaging in MSK care? Give one potential benefit and one limitation.
4. Discuss ergonomic interventions for prevention and management of work-related musculoskeletal disorders.
5. Describe orthoses used in musculoskeletal physiotherapy with emphasis on classification and principles of prescription.

**Short Questions- Answer Any 5 (5 X 4Marks)**

6. List the three traction grades in Kaltenborn mobilisation and state one primary aim of each.
7. State the convex-concave rule and give one clinical example of its application in shoulder condition.
8. Differentiate between Physiological movement vs anatomical movement.
9. Define risk stratification in MSK pain management and name one commonly used approach or tool.
10. List any four ergonomic risk factors for WMSDs
11. List the three pillars of EBP
12. List any three outcome measures commonly used in clinical trials on manual therapy