



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

**Date: 05/02/2026**

*1st Year*

**Subject: Specialty Paper-1 (Physiotherapeutic Perspective In Musculoskeletal Conditions)**

**Time: 09:00 AM-12:00 PM**

**F.M.: 80 marks**

**Question Code- F4**

**Subject Code- 23MPT1M1**

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

1. Describe in details about the static and dynamic stabilization of the glenohumeral joint.
2. Describe briefly about the embryological development of the musculoskeletal system
3. Describe the q angle and explain its clinical implications in patellofemoral disorders
4. Explain ankle strategy and hip strategy in maintaining the postural control.
5. Explain the physiology of pain

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

6. Write a short note on embryological development of the foot.
7. Explain pain modulation with reference to Gate Control Theory.
8. Define postural control and enumerate its components.
9. Explain the pathomechanics of knee osteoarthritis.
10. Write a short note on shoulder impingement syndrome.
11. Write a short note on the biomechanics of the elbow joint.
12. Explain the pathomechanics of lateral epicondylitis