



Abhinav Bindra Sports Medicine and Research Institute
BPT 2ND Internal Examination February 2026

7th Sem

Date: 06.02.2026

Time: 09:00 AM-12:00 PM

Question Code- O16

Subject: PDPF

F.M.: 75 marks

Subject Code- 22UU702

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

1. A stroke patient leans heavily to the unaffected side and pushes off with their good hand when trying to stand up. How would you apply the 4 steps of MRP here?
2. A 50-year-old patient presents with a capsular pattern of the shoulder. They have significant loss of Abduction and External Rotation. Write the treatment according to kaltenborn approach?
3. Discuss the evolution of the Bobath Concept and its application in the management of a patient with Spastic Diplegic Cerebral Palsy.
4. Describe about Cyriax Approach.

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

5. FIIT Principle
6. Principles of Vojta Approach
7. Components of Physical Fitness
8. Define ergonomics and Anthropometry
9. Define Mckenzie Approach
10. Describe communication with patients