

**BOWEN UNIVERSITY IWO, OGBOMOSHO CAMPUS**

**DEPARTMENT OF PHYSIOTHERAPY**

**NEUROLOGICAL DISORDERS AND REHABILITATION II (PST 511)**

**2021/2022 FIRST SEMESTER**

**Answer all questions by indicating the most appropriate answers (Time 15 minutes)**

1. Which of the following treatment modalities could be utilized in the management of neurological conditions  
(a) Taichi      (b) Pilates      (c) string wrapping      (d) Facilitation techniques      (e) d and C      (f) all of the above
2. Facilitation techniques  
(a) involve facilitation and enhancement of muscle activity to achieve improved motor control  
(b) is theoretically based on the Reflex and anarchical Model of Motor Control  
(c) Involves laying of emphasis on proprioceptive manoeuvres and exteroceptive applications  
(d) a and c      (e) All of the above      (f) None of the above
3. Which of the following is not associated with Rood's approach?  
(a) Tapping      (b) brushing      (c) cryotherapy-brief      (d) passive stretching      (e) all of the above      (f) none of the above
4. Pick the odd one out  
(a) Passive stretching-slow      (b) passive-stretching-fast/quick      (c) positioning      (d) neutral warmth      (e) cryotherapy-prolonged
5. How many taps were recommended by Rood over a tendon or muscle belly in order to facilitate a voluntary contraction?  
(a) 3-5      (b) 4-6      (c) 5-8      (d) 3-8      (e) 3-10      (f) 4-10
6. The following is/are true about joint compression  
(a) It can have both facilitatory and inhibitory effects.      (b) Facilitates posture extensors which are needed to stabilise the body      (c) Improves joint awareness      (d) a and c      (e) b and c      (f) all of the above
7. Indicate the correct statement(s) about whole body vibration  
(a) has been utilized to improve balance and gait      (b) has been utilized to improve muscle strength      (c) has been utilized to improve muscle endurance      (d) has been utilized to improve muscle power      (e) All of the above      (f) None of the above
8. Orthotics can be utilized in neurology to

- (a) Improve muscle strength      (b) relieve pain      (c) reduce axial loading      (d) improve function  
(e) b, c and d      (f) all of the above
9. Which of the following is/are component(s) of constraint-induced movement therapy
- (a) Repetitive, structured, practice intensive therapy in the more affected arm      (b) Restraint of the less affected arm  
(c) Application of a package of behavioural techniques that transfers gains from the clinical setting to the real world (i.e. making it functional)  
(d) a and b      (e) All of the above      (f) None of the above
10. Which of the following PNF technique is based on Sherrington's principle of successive induction?
- (a) Slow reversals      (b) Rhythmic Initiation      (c) Hold Relax      (d) Contract Relax  
(e) Rhythmic stabilization
11. What are the usefulness of positioning as an approach of treatment in neurology?
- (a) minimize or prevent pain      (b) minimize or prevent stiffness      (c) regain movement that was lost  
(d) limit future problems with movement      (e) increase awareness and protection of the weaker side of the body  
(f) all of the above
12. Which of the following is/are not neuro-facilitation technique
- (a) Bobath's      (b) Rood's      (c) PNF      (d) McKenzie      (e) None of the above
13. Which of the following is true about stroke-associated spasticity?
- (a) Flexor dominance on the upperlimb      (b) extensor dominance on the lowerlimb      (c) extensor and flexor dominance on each of the limbs  
(d) All of the above      (e) and b  
(f) none of the about
14. Mr Adenike sustained Gullian-barre syndrome. Hence, his lowerlimb muscles were weak and flaccid. Which of the following techniques could help strengthen his lowerlimb muscles?
- (a) Light compression      (b) heavy compression      (c) low frequency muscle vibration  
(d) passive stretching-slow      (e) all of the above      (f) none of the above
15. Mr Ewure came to your clinic with a child who presented with a spastic cerebral palsy. Which of the following techniques could help relieve the spasticity?
- (a) Tapping      (b) Brushing      (c) passive stretching-quick      (d) passive stretching-slow  
(e) positioning      (f) d and e