



UNIVERSITI KUALA LUMPUR
ROYAL COLLEGE OF MEDICINE PERAK

FINAL EXAMINATION
MARCH 2026 SEMESTER

COURSE CODE : RFD14303
COURSE NAME : BASIC MOVEMENT THERAPY 2
PROGRAMME NAME : DIPLOMA IN PHYSIOTHERAPY
DATE : 29 JUNE 2026
TIME : 9.00 AM – 11.00 AM
DURATION : 2 HOURS

INSTRUCTIONS TO CANDIDATES

1. Please read CAREFULLY the instructions given in the question paper.
2. This question paper has information printed on both sides of the paper.
3. This question paper consists of TWO (2) sections; Section A and Section B.
4. Answer ALL questions in Section A and THREE (3) questions in Section B.
5. Please mark/write your answers on the OMR answer script and answer booklet provided.
6. Answer all questions in English language ONLY.

THERE ARE 7 PAGES OF QUESTIONS, EXCLUDING THIS PAGE.

SECTION A: MULTIPLE CHOICE QUESTIONS (Total: 20 marks)

INSTRUCTION: Answer ALL questions.

Please use the OMR sheet provided.

1. Identify the indication of manual muscle testing (MMT).
 - A. Pain.
 - B. Dizziness.
 - C. Recent fracture.
 - D. Muscle weakness.

2. "Full active range of motion (ROM) with gravity resisted."
Find the grade in MMT.
 - A. 1.
 - B. 2.
 - C. 3.
 - D. 4.

3. Identify the landmark to measure thigh muscle bulk.
 - A. Umbilicus.
 - B. Base of patella.
 - C. Medial malleolus.
 - D. Anterior superior iliac spine.

4. Find the primary joint action where the hand pressure originates in a lumbrical grip.
 - A. Adduction of the thumb.
 - B. Radial deviation of the wrist.
 - C. Extension at the interphalangeal joints.
 - D. Flexion at the metacarpophalangeal joint.

5. Find the purpose of proprioceptive neuromuscular facilitation (PNF) stretching.
 - A. Increase flexibility.
 - B. Improve muscle control.
 - C. Increase muscle strength.
 - D. Improve muscular endurance.

6. **"During repeated contraction technique, a physiotherapist is guiding a patient through a series of movements against a constant tension to facilitate muscle activation."**

Identify the specific type of resistance that must be applied during this technique.

- A. Isotonic contraction.
 - B. Isometric contraction.
 - C. Isokinetic contraction.
 - D. Hydrostatic contraction.
7. Select the indication of soft tissue manipulation (STM).
- A. Thrombophlebitis.
 - B. Severe varicose veins.
 - C. Limited range of motion.
 - D. Acute inflammatory condition.
8. Identify the effect of STM on connective tissue.
- A. Increase dopamine.
 - B. Stimulate oil glands.
 - C. Reduce keloid formation.
 - D. Increase skin temperature.
9. **"Madam R perform a technique that involved alternate compression and release of the soft tissue to be manipulated."**
- Find the massage technique for the above statement.
- A. Rolling.
 - B. Wringing.
 - C. Kneading.
 - D. Effleurage.
10. Find the equipment used by patient to perform independent transfer by lifting weight off the buttock.
- A. Wheelchair.
 - B. Walking belt.
 - C. Cylinder foam.
 - D. Transfer board.

11. Find the purpose of avoiding twist the waist while pivot turning in transfer technique.
- A. To prevent hip injury.
 - B. To prevent back injury.
 - C. To prevent knee injury.
 - D. To prevent ankle injury.
12. **"The patient does not participate actively, or only very minimally and the therapist perform all aspect of the transfer."**
Find the level of transfer.
- A. Assisted transfer.
 - B. Dependent transfer.
 - C. Mechanical transfer.
 - D. Independent transfer.
13. Identify the features of pool design.
- A. Stool.
 - B. Flippers.
 - C. Alarm system.
 - D. Below ground.
14. Select the goal of hydrotherapy.
- A. Lessen ROM exercise.
 - B. Inhibit resistance training.
 - C. Reduce patient relaxation.
 - D. Facilitate weight bearing activities.
15. Identify the term that describes friction occurring between molecules of liquid resulting in resistance to flow.
- A. Viscosity.
 - B. Buoyancy.
 - C. Surface tension.
 - D. Hydrostatic pressure.

Question 16 to 20 requires the following answer.

A	B	C	D
I and III	II and IV	I, II and III	II, III and IV

16. Which of the following are the parts of goniometer?
- Axis.
 - Moveable arm.
 - Stationary arm.
 - Stabilization arm.
17. Select the joints that allow three-degree of freedom.
- Humeroulnar joint.
 - Glenohumeral joint.
 - Patellafemoral joint.
 - Acetabulofemoral joint.
18. Find the arthrokinematics of accessory movement.
- Rolling.
 - Flexion.
 - Spinning.
 - Abduction.
19. Identify the statements that refer to the rule of convexity.
- Convex is stationary.
 - Concave is stationary.
 - Glide occurs in same direction as roll.
 - Glide occurs in opposite direction to roll.
20. Select the Maitland's grades of oscillatory mobilization that effectively reduce joint pain.
- Grade I.
 - Grade III.
 - Grade II.
 - Grade IV.

SECTION B: MODIFIED ESSAY QUESTIONS (Total: 60 marks)**INSTRUCTION: This section consists of FOUR (4) questions.****Answer THREE (3) questions in the answer booklet provided.****Question 1**

- (a) "A 27-year-old man had an injury at left upper limb 6 weeks ago. He was diagnosed with a Colle's fracture. He complained of difficulty performing wrist movement and weakness of left hand."

With reference to the above case, answer all the following questions.

- i. Give **TWO (2)** assessment tools to assess the above patient. (2 marks)
- ii. Describe the goniometric alignment to measure wrist ulnar deviation. (8 marks)

(b)

Muscle	Right	Left
Wrist flexor	5/5	3/5
Wrist extensor	5/5	4/5

Table 1: Measurement of muscle power for wrist joint using MMT.

- Explain the procedure of MMT for left wrist flexor. (6 marks)

- (c) Describe apparent limb length measurement. (4 marks)

Question 2

- (a) State **FOUR (4)** contraindications of joint mobilization. (4 marks)
- (b) Describe the procedure of joint mobilization. (8 marks)
- (c) Differentiate between Hold-relax and Contract-relax. (8 marks)

Feature	PNF Contract-relax	PNF Hold-relax
Type of contraction		
Neurological mechanism		
During contraction		
Post-contraction action		

Question 3

- (a) Define the following.
- Manual contacts. (2 marks)
 - Hold-relax technique. (2 marks)
- (b) List **FOUR (4)** effects of STM on musculoskeletal system. (4 marks)
- (c) Identify the therapist preparation for STM. (8 marks)
- (d) Explain the procedure of two men transfer technique. (4 marks)

Question 4

- (a) Define the following.
- i. Transfer. (1 mark)
 - ii. Lifting. (1 mark)
 - iii. Assisted transfer. (2 marks)
- (b) State **FOUR (4)** importances of performing transfer and lifting. (4 marks)
- (c) Give **FOUR (4)** precautions of hydrotherapy. (4 marks)
- (d) List **FOUR (4)** safety features found outside the pool. (4 marks)
- (e) Describe hydrostatic pressure in hydrotherapy. (4 marks)

END OF EXAMINATION PAPER