



UNIVERSITI KUALA LUMPUR
ROYAL COLLEGE OF MEDICINE PERAK

FINAL EXAMINATION
MARCH 2026 SEMESTER

COURSE CODE : RFB10503
COURSE NAME : PHYSIOTHERAPEUTIC SKILLS 1
PROGRAMME NAME : BACHELOR OF PHYSIOTHERAPY (HONOURS)
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; Question 1 and Question 2 are COMPULSORY.
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 10 PAGES OF QUESTIONS, EXCLUDING THIS PAGE.

SECTION A (Total: 40 marks)

I) MULTIPLE CHOICE QUESTIONS (20 marks)

INSTRUCTION: Answer ALL questions.

Please use the OMR sheet provided.

1. Find the correct abbreviation for active range of motion.
 - A. CKC.
 - B. ROM.
 - C. ISOM.
 - D. AROM.
 - E. PROM.
2. Identify the anatomical plane that divides the body into left and right halves.
 - A. Frontal plane.
 - B. Sagittal plane.
 - C. Oblique plane.
 - D. Horizontal plane.
 - E. Transverse plane.
3. Why exercise therapy improves functional independence?
 - A. It eliminates need for patient participation.
 - B. It replaces neurological control completely.
 - C. It restricts joint movement to prevent injury.
 - D. It focuses only on passive treatment techniques.
 - E. It enhances muscle strength and coordination for daily tasks.
4. Select the suitable position for reducing pressure on the anterior body surface.
 - A. Sitting.
 - B. Long sitting.
 - C. Prone lying.
 - D. Supine lying.
 - E. Half kneeling.

5. Identify the main source of force during passive movement.
- A Patient effort.
 - B External force.
 - C Joint resistance.
 - D Neural activation.
 - E Muscle contraction.
6. Find the goal of active movement related to sensory awareness of joint position
- A. Reduce edema.
 - B. Improve circulation.
 - C. Increase bone density.
 - D. Decrease inflammation.
 - E. Enhance proprioception.
7. Identify the condition that contraindication to active movement.
- A. Unstable fracture.
 - B. Mild joint stiffness.
 - C. Post-immobilization.
 - D. Voluntary motor control.
 - E. Early rehabilitation phase.
8. Find the main goal of relaxation training in reducing physical tension.
- A. Reduce heart rate.
 - B. Increase alertness.
 - C. Improve muscle bulk.
 - D. Enhance joint stability.
 - E. Promote aerobic endurance.
9. Identify the physiological response commonly associated with stress.
- A. Lowered blood pressure.
 - B. Reduced respiratory rate.
 - C. Increased muscle tension.
 - D. Increased skin temperature.
 - E. Decreased emotional reaction.

10. Select the reason of progressive muscle relaxation focuses on the release phase after muscle contraction
- A. To increase reflex activity.
 - B. To improve aerobic capacity.
 - C. To strengthen deep muscles.
 - D. To enhance awareness of relaxation.
 - E. To stimulate rapid breathing patterns.
11. Find the principle of suspension therapy that allows movement without resistance from the supporting surface.
- A. Friction.
 - B. Balance.
 - C. Pendulum.
 - D. Stabilization.
 - E. Compression.
12. Identify the minimum muscle power that suitable for suspension therapy exercises.
- A. Grade 0.
 - B. Grade 1.
 - C. Grade 2.
 - D. Grade 4.
 - E. Grade 5.
13. Select the type of suspension that uses the centre of gravity as the point of suspension.
- A. Axial suspension.
 - B. Vertical suspension.
 - C. Pendular suspension.
 - D. Rotational suspension.
 - E. Reciprocal suspension.
14. Find the main purpose of stretching exercise.
- A. Increase fatigue.
 - B. Reduce flexibility.
 - C. Improve joint mobility.
 - D. Produce muscle spasm.
 - E. Decrease functional movement.

15. Identify the condition that requires stretching exercise.
- A. Acute fracture.
 - B. Joint instability.
 - C. Muscle tightness.
 - D. Severe inflammation.
 - E. Hematoma formation.
16. Select the patient that requires extra precaution during stretching exercise.
- A. Patient with mild stiffness.
 - B. Patient with osteoporosis.
 - C. Patient with limited ROM.
 - D. Patient with poor posture.
 - E. Patient with muscle tightness.
17. Identify the type of exercise that refers to muscle contracts without visible joint movement.
- A. Isotonic exercise.
 - B. Dynamic exercise.
 - C. Isometric exercise.
 - D. Isokinetic exercise.
 - E. Concentric exercise.
18. What is the principle of overload in resistance training?
- A. Avoiding repetitions.
 - B. Exercise without resistance.
 - C. Reducing exercise frequency.
 - D. Applying less load to muscles.
 - E. Applying greater than normal load progressively.
19. Identify the example of group exercise
- A. Zumba.
 - B. Manual therapy.
 - C. Traction therapy.
 - D. Joint mobilization.
 - E. Soft tissue manipulation.

20. Why does group exercise participants are usually selected with similar conditions?
- A. To reduce supervision.
 - B. To increase competition.
 - C. To reduce equipment usage.
 - D. To simplify therapist workload.
 - E. To enhance peer support and recovery.

II) SHORT ANSWER QUESTIONS (20 marks)

INSTRUCTION: Answer ALL questions in the answer booklet provided.

Each question carries FOUR (4) marks.

1. List **FOUR (4)** goals of exercise therapy.
2. Describe **FOUR (4)** immediate effects of relaxation training.
3. Select **FOUR (4)** advantages of suspension therapy in rehabilitation.
4. Identify **FOUR (4)** indications of stretching exercise.
5. State **FOUR (4)** considerations in selecting patients for group exercise.

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 and question 2 are COMPULSORY.

Question 1

- (a) Explain the procedure to strengthen right hamstring muscle using Oxford method.
(12 marks)
- (b) Describe **TWO (2)** principles of exercise therapy that should be considered for a patient with prolonged bed rest.
(4 marks)
- (c) Discuss the protocol of group exercise for patient that underwent a knee surgery four months ago.
(4 marks)

Question 2

- (a) Explain the procedures of active-assisted exercise for patient with knee stiffness. (8 marks)
- (b) Describe the procedure of passive stretching for patient with iliopsoas tightness (6 marks)
- (c) Explain the procedure of axial suspension for shoulder flexion. (6 marks)

Question 3

- (a) Describe the procedure of passive movement for shoulder flexion. (6 marks)
- (b) Explain the procedures of passive stretching on left hamstring tightness. (10 marks)
- (c) Discuss **TWO (2)** principles of stretching exercise for hamstring tightness. (4 marks)

Question 4

- (a) "Mr. Q presents with limited right shoulder flexion due to muscle weakness. The therapist plans to use equipment to improve his muscle strength."

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

- i. Describe the procedures of active-assisted exercise for him. (6 marks)
- ii. Explain **FOUR (4)** principles of exercise in (i). (4 marks)
- (b) Describe the procedures involved in progressive muscle relaxation to reduce muscle tension. (5 marks)
- (c) Explain the procedure of vertical suspension for elbow flexion exercise. (5 marks)

END OF EXAMINATION