

Soft Tissue Injury – TNMGRMU BPT Orthopaedics Question Bank with Bloom's Taxonomy Levels

Long Essay Questions (10–15 Marks)

S.No	University Question	Bloom's Level	Cognitive Domain
1	Define soft tissue injury. Explain assessment and physiotherapy management of ligament sprain.	L3	Apply
2	Discuss the physiotherapy assessment and management of muscle strain.	L3	Apply
3	Explain the stages of soft tissue healing and the role of physiotherapy during each stage.	L2	Understand
4	Describe the assessment and rehabilitation of tendon injuries.	L3	Apply
5	Explain the principles of physiotherapy management in acute soft tissue injuries.	L3	Apply
6	Critically evaluate rehabilitation protocols following Grade III ligament injury.	L5	Evaluate
7	Design a comprehensive rehabilitation program for an athlete with hamstring strain.	L6	Create

Short Essay Questions (5 Marks)

S.No	University Question	Bloom's Level	Cognitive Domain
1	Define sprain and classify its grades.	L1	Remember
2	Define strain and classify its grades.	L1	Remember
3	Explain the stages of tissue healing.	L2	Understand
4	Describe the clinical features of ligament injury.	L2	Understand
5	Explain the RICE protocol.	L2	Understand
6	Discuss the role of cryotherapy in acute injury management.	L2	Understand
7	Demonstrate assessment procedures for soft tissue injuries.	L3	Apply
8	Apply taping techniques in ligament injuries.	L3	Apply
9	Compare sprain and strain.	L4	Analyze
10	Analyze factors delaying soft tissue healing.	L4	Analyze
11	Justify the use of therapeutic exercises in tendon injuries.	L5	Evaluate

Short Notes (2½Marks)

S.No	Question	Bloom's Level
1	Soft tissue injury	L1
2	Sprain	L1
3	Strain	L1
4	Tendinitis	L1
5	Tendinosis	L1
6	Contusion	L1
7	Hematoma	L1
8	RICE principle	L2
9	Cryotherapy	L2
10	PRICE protocol	L2
11	Inflammatory phase	L2
12	Proliferative phase	L2
13	Remodeling phase	L2
14	Therapeutic ultrasound in soft tissue injuries	L2
15	Functional rehabilitation	L2