

## National Board of Examination in Rehabilitation (NBER)

(An Adjunct Body of Rehabilitation Council of India, under Ministry of Social Justice & Empowerment)

(Department of Empowerment of Persons with Disabilities, Govt. of India)

Examination Conducted by

National Institute for Empowerment of Persons with Multiple Disabilities, DIVYANGJAN (NIEPMD) Chennai.

---

### Certificate Course in Rehabilitation Therapy

**Subject Code: CRTRI-T1**

**Course Code: C.C.R.T.**

#### Paper - IV: Rehabilitation Intervention - I

**Duration: 3 Hours**

**Max. Marks :60**

##### Part - A

**Answer All question, each question carries 1 mark**

**5 x 1 = 5 Marks**

1. ROM
2. Write any two indications for massage.
3. Write any two conditions causing abnormal muscle tone.
4. KAFO
5. Name any one deformity of lower limb.

##### Part - B

**Answer all questions in one or two sentence, each question carries 2 marks**

**5 x 2 = 10 Marks**

1. Types of strengthening exercises.
2. What is ataxia?
3. Define posture.
4. Types of muscle contractions.
5. Write any two rules of bandaging.

##### Part - C

**Answer any five questions, each question carries 5 Mark (Short Note)**

**5 x 5 = 25 Marks**

1. Role of rehabilitation therapy assistant in rehabilitation of persons with disabilities.
2. Write in brief about different heat and cold techniques for pain relief.
3. List out the importance of postural management.
4. Write in detail about benefits of using orthopedic appliances.
5. List out the indications for passive range of motion exercises.
6. Write a note on functions of hand.
7. Write any five general rules of transfers.

##### Part - D

**Answer any two questions, each question carries 10 marks (Essay type)**

**2 x 10 = 20 Marks**

1. Describe the different ways to maintain good posture and prevent/manage contractures and deformities.
2. Describe the roles of members of the rehabilitation team.
3. Describe and explain the importance of early identification of the disability and the intervention process.