



100

PHYSIOTHERAPY TECHNIQUES HSSC-II

SECTION – A (Marks 20)

Time allowed: 25 Minutes

Version Number 1 8 9 5

Note: Section – A is compulsory. All parts of this section are to be answered on the separately provided OMR Answer Sheet which should be completed in the first 25 minutes and handed over to the Centre Superintendent. Deleting/overwriting is not allowed. Do not use lead pencil.

Q. 1 Choose the correct answer A / B / C / D by filling the relevant bubble for each question on the OMR Answer Sheet according to the instructions given there. Each part carries one mark.

- 1) _____ is the spastic paralysis of one half of the body opposite to site of brain lesion.
A. Hemiplegia
B. Cerebral Palsy
C. Paraplegia
D. Monoplegia
- 2) _____ is a great help to deal with dyspnoea in chronic obstructive pulmonary diseases (COPD).
A. Postural drainage
B. Diaphragmatic breathing
C. Pursed lip breathing
D. Spirometry
- 3) The Ulnar Nerve Palsy chiefly affects muscles of:
A. Hypothenar eminence
B. Thenar eminence
C. Mastication
D. Deglutition
- 4) If Clavicle gets fractured when a three years old boy falls on outstretched hand, then fracture is because of:
A. Fall from height
B. Direct violence
C. Indirect violence
D. None of these
- 5) Gower's sign is a clear indication of:
A. Erb's palsy
B. Neuropathy
C. Deformity
D. Muscular dystrophy
- 6) During flexion of elbow joint _____ are contracted while elbow extensors or antagonists are stretched.
A. Agonists
B. Synergists
C. Fixators
D. Fixators and Synergists
- 7) Muscles which are relatively free from tension are said to be:
A. Contracted
B. Stretched
C. Dead
D. Relaxed
- 8) Axillary, elbow and gutter are common examples of:
A. Prosthesis
B. Sticks
C. Crutches
D. Callipers
- 9) _____ walk is faster than four (4) point walk and resembles normal walk.
A. 5 points
B. 2 points
C. 3 points
D. 6 points
- 10) A five years old boy is unable to flex right hip joint after soft tissue injury. The muscle chiefly involved is:
A. Quadriceps
B. Triceps
C. Psoas major
D. Tibialis Posterior

- 11) A deformity which occurs secondary to Gout, Arthritis or Hemiplegia is _____ deformity.
- | | |
|---------------|---------------|
| A. Acquired | B. Congenital |
| C. 3rd degree | D. 1st degree |
- 12) _____ is one of the fundamental positions.
- | | |
|------------------|--|
| A. Standing | B. Long sitting |
| C. Wing standing | D. Stands against wall with feet 7" a part |
- 13) _____ is present in geriatric population with Parkinson's disease.
- | | |
|---------------|---------------|
| A. Spasticity | B. Flaccidity |
| C. Athetosis | D. Rigidity |
- 14) When muscles work against progressively increased resistance, then _____ of muscles is improved.
- | | |
|----------|------------|
| A. Tone | B. Length |
| C. Power | D. Quality |
- 15) _____ joint is one of the examples of ball and socket type of joints of upper limb.
- | | |
|-------------|---------------|
| A. Elbow | B. Radioulnar |
| C. Shoulder | D. Hip |
- 16) Bell's Palsy occurs when _____ cranial nerve may get injured.
- | | |
|--------|---------|
| A. 7th | B. 8th |
| C. 9th | D. 10th |
- 17) Inco-ordination is a characteristic feature when _____ gets damaged.
- | | |
|----------------------|------------------|
| A. Cerebral cortex | B. Basal ganglia |
| C. Medulla oblongata | D. Cerebellum |
- 18) _____ is a poly articular disease of joints with symmetrical involvement.
- | | |
|-------------------|-------------------------|
| A. Osteoarthritis | B. Rheumatoid arthritis |
| C. Khyphosis | D. Cordosis |
- 19) _____ is the bone of lower limb.
- | | |
|------------|----------------|
| A. Humerus | B. Femur |
| C. Radius | D. Metacarpals |
- 20) In displaced fractures _____ is required for perfect alignment of bone fragments.
- | | |
|--------------|---------------|
| A. Fixation | B. Protection |
| C. Reduction | D. Splinting |



PHYSIOTHERAPY TECHNIQUES HSSC-II

101

Time allowed: 2:35 Hours

Total Marks Sections B and C: 80

NOTE: Answer any ten parts from Section 'B' and any three questions from Section 'C' on the separately provided answer book. Use supplementary answer sheet i.e. Sheet-B if required. Write your answers neatly and legibly.

SECTION – B (Marks 50)

Q. 2 Answer any TEN parts. The answer to each part should not exceed 2 to 5 lines. (10 x 5 = 50)

- (i) Define apoplectic fit.
- (ii) Differentiate between percussion and vibration.
- (iii) What is an Ape's hand?
- (iv) Define hypertrophy of calf muscles in muscular dystrophy.
- (v) What is the difference between neuropathy and myopathy?
- (vi) Name any five bones of appendicular skeleton.
- (vii) What is a complicated fracture?
- (viii) Name five fundamental positions.
- (ix) Differentiate between spasticity and flaccidity.
- (x) What do you mean by respiration?
- (xi) What is the difference between endocrine and exocrine glands?
- (xii) Name all the vertebrae in human body.
- (xiii) Define movement.

SECTION – C (Marks 30)

Note: Attempt any THREE questions. All questions carry equal marks. (3 x 10 = 30)

- Q. 3** Give a detailed account of Hemiplegia.
- Q. 4** Explain Pseudo hypertrophic muscular dystrophy.
- Q. 5** What are techniques and effects of resisted and passive movements?
- Q. 6** Explain any two fundamental positions.
- Q. 7** How can we explain Rheumatoid Arthritis.