



PHYSIOTHERAPY TECHNIQUES HSSC-II

SECTION – A (Marks 20)

83

Time allowed: 25 Minutes

Version Number 4 4 7 1

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) Postural drainage is a procedure which aims to dislodge _____ from the respiratory system to ease the process of breathing.
A. Mucus
B. Blood
C. Water
D. None of these
- 2) _____ is most common site for median nerve palsy because nerve is superficial here.
A. Wrist
B. Shoulder
C. Knee
D. Vertebral column
- 3) Degenerative changes in muscles is called myopathy while degenerative changes in nerves is called:
A. Muscular dystrophy
B. Neuropathy
C. Neuroanatomy
D. Neuron
- 4) Green stick fracture occurs in:
A. Geriatric population
B. Middle age population
C. Young population
D. Pediatric population
- 5) Living muscles are never completely free from tension because they retain firmness called _____ even when they are relaxed.
A. Muscle tone
B. Reflex
C. Muscle grading
D. Movement
- 6) A three years old child walks with exaggerated medial arch of left foot and shows increased frequency of falls during walk. The deformity of left foot is called:
A. Pes planus
B. Pes plano valgus
C. Pes cavus
D. Pes plano varus
- 7) Radial, Median and ulnar nerves are examples of:
A. Peripheral nerves
B. Cranial nerves
C. Nephrons
D. Lower limb nerves
- 8) _____ is an allergic condition with intermittent attacks of acute dyspnea because of spasm in muscles of bronchioles.
A. Bronchitis
B. Pleurisy
C. Pneumonia
D. Asthma
- 9) _____ is the easiest of all the fundamental starting positions because whole body is completely supported in supine.
A. Standing
B. Hanging
C. Lying
D. Kneeling
- 10) _____ degree deformities are to be treated surgically for good posture.
A. First
B. Second
C. Third
D. Fourth

- 11) A typical adult Hemiplegic patient walks with _____ at hip joint.
- | | |
|------------------|--------------------|
| A. Circumduction | B. Medial rotation |
| C. Flexion | D. Abduction |
- 12) Tripod and Tetrapod are _____ which can be used as walking aids.
- | | |
|--------------|-------------|
| A. Callipers | B. Crutches |
| C. Sticks | D. Walker |
- 13) Pathology in Basal ganglia is responsible for _____ muscles.
- | | |
|------------|-----------|
| A. Spastic | B. Rigid |
| C. Flaccid | D. Strong |
- 14) During upper motor neuron lesions, the tone of muscles is:
- | | |
|--------------|----------------|
| A. Increased | B. Decreased |
| C. Normal | D. Not changed |
- 15) When muscles are not strong enough to perform a particular movement then an external force is required for task to be done. These are _____ exercises.
- | | |
|-------------|-------------|
| A. Resisted | B. Active |
| C. Reflex | D. Assisted |
- 16) _____ muscle lifts lateral border of nostrils thus forming diagonal wrinkles along bridge of nose.
- | | |
|----------------------|---------------|
| A. Procerus | B. Nasalis |
| C. Occipitofrontalis | D. Temporalis |
- 17) Epoglauxy is another name to define:
- | | |
|--|-----------------|
| A. Hemiplegia | B. Hemiparesis |
| C. Arthrogryphosis multiplex congenita | D. Bulbar palsy |
- 18) Bamboo spine is present in patients with:
- | | |
|---------------------------|----------------------|
| A. Rheumatoid Arthritis | B. Scoliosis |
| C. Ankylosing spondylitis | D. Fracture of skull |
- 19) To combat foot drop _____ is used.
- | | |
|----------|---------|
| A. HKAFO | B. KAFO |
| C. AFO | D. FO |
- 20) Cock up splint is used in _____ nerve palsy.
- | | |
|------------|------------|
| A. Radial | B. Median |
| C. Sciatic | D. Femoral |



PHYSIOTHERAPY TECHNIQUES HSSC-II

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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) What is the difference between upper and lower motor neuron diseases?
- (ii) What is kinesiology?
- (iii) Define orthosis.
- (iv) Differentiate between Asthma and Pleural effusion.
- (v) Name any three bones and two muscles of lower limb.
- (vi) Name any five types of fractures.
- (vii) What are antagonists during extension of knee joint?
- (viii) Define Poliomyelitis.
- (ix) What is Scoliosis?
- (x) What are active assisted exercises?
- (xi) Which exercises help to improve co-ordination?
- (xii) Define physiology of cough.
- (xiii) What is Tuberculosis?

SECTION – C (Marks 30)

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

- Q. 3** Explain fractures in a general way.
- Q. 4** What do you understand by Cerebral Palsy?
- Q. 5** How Rheumatoid Arthritis can be explained?
- Q. 6** What is exercise therapy and explain different types of movements?
- Q. 7** Explain any one lower motor neuron disease.