

2010



Roll No.

Answer Sheet No. _____

Sig. of Candidate. _____

Sig. of Invigilator. _____

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PHYSIOTHERAPY TECHNIQUES HSSC-II

SECTION – A (Marks 20)

Time allowed: 25 Minutes

NOTE:- Section-A is compulsory . All parts of this section are to be answered on the question paper itself. It 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 Circle the correct option i.e. A / B / C / D. Each part carries one mark.

- (i) What is the Position of the body part that is bend inward?
A. Vanus B. Valqus C. Calcaveus D. Talipes Equaris
- (ii) A tension applied to body segment which separates the joint surfaces is _____
A. Torque B. Tractions C. Compression D. Rotation
- (iii) Damage a ligaments that provides support to a is called _____
A. Sprain B. Strain C. Stress D. Stroke
- (iv) That portion of the total range of motion through which a joint may be moved passively with no muscle contraction is _____
A. Passive ROM B. Active ROM
C. Active Assisted ROM D. Active Resisted ROM
- (v) An exercise in which muscle contracts against resistance and changes in length is _____
A. Isometirc B. Isotonic C. Isokinetic D. Truckle
- (vi) What is the extreme mobility of joint called?
A. Hyper-mobility B. Hypertonic C. Hypertrophy D. Hypoxia
- (vii) What does Genu varum mean?
A. Knock Knees B. Bow legs
C. Hyperextension of knees D. Club feet
- (viii) What is the movement of body part away from the midline called?
A. Abduction B. Adduction C. Circumduction D. Rotation
- (ix) What is the muscle that contracts to produce a movement called?
A. Antagonist B. Synergist C. Stabilizer D. Agonist
- (x) What is affected in wrist drop?
A. Sciatic Nerve B. Popletal Nerve C. Radial Nerve D. Aplnar Nerve
- (xi) What is the Lateral Curvature of spine called?
A. Kyphasis B. Lordosis C. Scoleosis D. Prop-lapse Disc
- (xii) Which of the following injuries causes Erbs palsy?
A. Facial Nerve injury B. Bracheal plexus
C. Sciatic Nerve D. Lumber plexus injury
- (xiii) What is Shortening of SCM called?
A. Torticollus B. Golfer Elbow C. Flat foot D. Cervical spondylosis
- (xiv) How is tone increased?
A. In spastic B. Flaccid C. Athetoid D. CP type Ataxic
- (xv) How many fundamental positions are there?
A. Four B. Five C. Six D. Seven
- (xvi) What is the Iliopsoas Muscle Function?
A. Hip Extension B. Hip Flexion
C. Hip med Rotations D. Knee Extensions
- (xvii) What is the cause of Tip Toe walking?
A. Shortening of Hamstring Tendon B. Shortening of Biceps Tendon
C. Shortening of Tendo Achillius D. Shortening of Adductor Tendon
- (xviii) What is Paralysis of four limbs called?
A. Hemi-plegia B. Mono-plegia
C. Quadri-plegia D. Deplegia
- (xix) Facial palsy is caused by the injury of _____
A. 8th Cranial Nerve B. 9th Cranial Nerve
C. 3rd Cranial Nerve D. 7th Cranial Nerve
- (xx) Weakness of Rotator cuff muscle causes instability of _____
A. Ankle Joint B. Knee Joint
C. Shoulder Joint D. Hip Joint

For Examiner's use only:

Total Marks:

20

Marks Obtained:

PHYSIOTHERAPY TECHNIQUES HSSC-II

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

- (i) Define Frenkle's Exercises.
- (ii) What is the difference between Quadriplegia and Hemiplegia?
- (iii) Define Postural Drainage.
- (iv) What is the difference between Dynamic and Static splint?
- (v) Name the Rotator cuff muscles.
- (vi) What is DVT?
- (vii) Define PNF Techniques.
- (viii) Classify the Active movements.
- (ix) What are the effects of wax therapy in R.A?
- (x) What is the function of Triceps muscle?
- (xi) Name the types of different Crutches.
- (xii) What do AFO, KHAFO, stand for?
- (xiii) Name the fundamental position.

SECTION – C (Marks 30)

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

Q. 3 Define the following:

- | | |
|------------------------------|---------------------------|
| (i) Kyphosis | (ii) Cervical spondylosis |
| (iii) Post burn Contractures | (iv) Erbs Palsy |

Q. 4 What are the aims of breathing exercises? Describe its types.

Q. 5 Discuss Posture.

Q. 6 Explain congenital deformities of upper-Limbs.

Q. 7 Write a note on gait training.

