



Roll No.

Answer Sheet No. _____

Sig. of Candidate. _____

Sig. of Invigilator. _____

PHYSIOTHERAPY TECHNIQUES HSSC-II
SECTION – A (Marks 20)

Time allowed: 25 Minutes

NOTE:- Section-A is compulsory and comprises pages 1-2 . 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) The right half of cerebrum controls _____ half of the body.
- A. Right B. Left
C. Both A and B D. None of these
- (ii) The other name for windpipe is _____
- A. Trachea B. Epiglottis
C. Diaphragm D. Tongue
- (iii) Special glands in the mouth produce _____
- A. Hydrochloric Acid B. Water
C. Saliva D. Water vapours
- (iv) The normal state of firmness in living muscles is called _____
- A. Atonia B. Hypertonia
C. Hypotonia D. Muscle tone
- (v) _____ muscle raises the upper eyelid.
- A. Levator Palpabrae superioris B. Levator anguli oris
C. Mentalis D. Zygomaticus major
- (vi) Flexion does not occur at _____ joint,
- A. Hip B. Radioulnar
C. Shoulder D. Elbow
- (vii) The decrease in _____ is responsible for Rickets.
- A. Calcium and Vitamin D₃ B. Carbohydrates
C. Proteins D. Fats
- (viii) In Torticollis or Wry neck _____ muscles are affected.
- A. External oblique B. Sternocleidomastoid
C. Rectus femoris D. Triceps
- (ix) Brain damage occurs in a patient with _____
- A. Haemophilia B. Erb's palsy
C. Cerebral palsy D. Sternocleidomastoid tumor
- (x) The optimum temperature applicable during sessions with wax therapy is _____
- A. 40⁰ – 45⁰ C B. 90⁰ – 100⁰ C
C. 30⁰ – 38⁰ C D. 1⁰ – 10⁰ C
- (xi) In patients with spasticity _____ exercises should be encouraged initially.
- A. Stimulatory B. Relaxed
C. Brisk D. Reflex enhancing

DO NOT WRITE ANYTHING HERE

- (xii) Postural drainage is helpful in _____
 - A. Head injury
 - B. Cardiac Arrest
 - C. Chest conditions
 - D. Neuritis
- (xiii) _____ muscles are knee extensors.
 - A. Hamstrings
 - B. Quadriceps
 - C. Glutei
 - D. Calf
- (xiv) Gower's sign is positive in _____
 - A. Muscular dystrophy
 - B. Tennis Elbow
 - C. Hemiplegia
 - D. Muscular atrophy
- (xv) _____ exercises are done to increase muscle strength.
 - A. Passive
 - B. Active
 - C. Resisted
 - D. Active Assisted
- (xvi) Flexion of trunk is performed by _____
 - A. Rectus femoris
 - B. Rectus abdominis
 - C. Erector spinae
 - D. External oblique
- (xvii) Aeroplane splint is used in Erb's palsy where it promotes _____
 - A. Adduction of shoulder
 - B. Abduction of shoulder
 - C. Extension of elbow
 - D. Making fist
- (xviii) Knock knees are also called _____
 - A. Genu Valgum
 - B. Genu Varum
 - C. Flat feet
 - D. Bow legs
- (xix) _____ is the sequence of events which takes place during a single beat of heart.
 - A. Tricuspid insufficiency
 - B. Pericardium
 - C. Cardiac arrest
 - D. Cardiac cycle
- (xx) The pathological inco-ordination is called _____
 - A. Ataxia
 - B. Deformity
 - C. Hyperaesthesia
 - D. Reflex

For Examiner's use only:

Total Marks:
Marks Obtained:

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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) What do you understand by ulnar nerve Paralysis or radial nerve palsy?
- (ii) Define Postural reflex.
- (iii) Name any four muscles of face.
- (iv) Write about "grade-5" in muscle grading system.
- (v) Define **Agonists** and **Antagonists**.
- (vi) What is Bronchitis?
- (vii) Give a brief account of wax therapy.
- (viii) What do you understand by Active exercises?
- (ix) Name any four positions derived from standing position?
- (x) What do you understand by PNF (Proprioceptive Neuromuscular Facilitation) techniques?
- (xi) What is the function of respiration in human body?
- (xii) How can hip adductors be relaxed in a child with cerebral palsy?
- (xiii) Name the nerves which supply the following muscles:
 - a. Subscapularis
 - b. Supinator
 - c. Pronator teres
 - d. Peroneus longus
 - f. Gluteus medius

SECTION – C (Marks 30)

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

- Q. 3 Give details of inspiration.
- Q. 4 What do you understand by walking aids? Explain Axillary crutches.
- Q. 5 Explain the position, effects, uses, and significance of fundamental standing position.
- Q. 6 Define Hemiplegia and give physiotherapy treatment in the Flaccid stage.
- Q. 7 What is Progressive muscular atrophy? Give its physiotherapy management.