

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

Time allowed: 25 Minutes

Α.

C.

Erb's palsy

Cerebral palsy

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.

		et according to the instructions		ant bubble for each question on the OMR ach part carries one mark.			
1)		ula is present in:	-	·			
	Α.	Right lung	B.	Left lung			
	C.	Heart	D.	Both lungs			
2)	Only	Only single limb is paralysed in:					
	A.	Hemiplegia	B.	Paraplegia			
	C.	Monoplegia	D.	Diplegia			
3)	Incod	Incoordination is the basic characteristic in:					
	A.	Ataxic CP	B.	Atonic CP			
	C.	Spastic CP	D.	Athetoid CP			
4)	Paralysis of arm and leg of same side of the body is called:						
	A.	Diplegia	В.	Hemiplegia			
	C.	Paraplegia	D.	Monoplegia			
5)	It is used to dislodge mucus in respiratory system:						
	A:	Lingula	B.	Inspiration			
	C.	Postural drainage	D.	Ventilatory muscles			
6)	The temperature of paraffin wax should be maintained at:						
	A.	50 ° - 55 ° C	В.	30 ° – 40 ° C			
	C.	40 ° - 44 ° C	D.	80 ° – 90 ° C			
7)	Spinal deformities are:						
	Α.	Paraplegia / Diplegia	В.	Kyphosis / Scoliosis			
	C.	Reduction / Fixation	D.	Neuropathy / Myopathy			
8)	Types of crutches are:						
	A.	Spinal crutches	В.	Axillary / Elbow crutches			
	C.	Ankle crutches	D.	Knee crutches			
9)	Bones of forearm are:						
	A.	Scapula / Humerus	В.	Femur / Tibia			
	C.	Fibula /Femur	D.	Radius / Ulna			
10)	It is r	It is means of accelerating patient's recovery from injuries and diseases which have changed his					
	activ	activities of daily living in a normal way:					
	A.	Exercise therapy	В.	Elbow crutches			
	C.	Muscular dystrophy	D.	Speech therapy			
11)	It is defined as the brain affection leading to multiple physical deficits and delayed motor milestor						

В.

D.

Facial palsy Bell's palsy

12)	Buccinator is the muscle of:							
	A.	Forearm		B.	Thigh is anywhat any Keepergers of			
	C.	Abdomen		D.	Face I sufficient to the second			
13)	Which of the following exercises are done to increase strength of the muscles?							
	A.	Resisted Ex.	The second secon	В.	Passive Ex.			
	C.	Assisted Ex.	and the state of	D.	Active Ex.			
14)	It is the malformation of any part of the body due to distortion of bony skeleton and alteration in length							
	of tiss	ues:						
	A.	Deformity	-	B.	Fracture			
	C.	Paraplegia		D.	Arthritis			
15)	The basic nerves of upper extremity are:							
	A.	Tibial / Facial nerve		B.	Femoral / Sciatic nerve			
	C.	Radial / Ulnar nerve		D.	Facial / Peroneal nerve			
16)	Fundamental positions are:							
	A.	Kneeling / Hanging		B.	Jumping / Running			
	C.	Running / Walking		D.	Walking / Jumping			
17)	Kyphosis is a deformity of:							
	A.	Ribs		B.	Skull			
	. C.	Vertebra		D.	Spine			
18)	A Floppy cerebral palsy child shows:							
	A.	Hypotonia		B.	Hypertonia			
	C.	Dystonia		D.	Atonia			
19)	Gower sign is positive in:							
	A.	Osteo arthritis		B.	Muscular dystrophy			
	C.	Myesthenia Gravis		D.	Cerebral palsy			
20)	The interruption in continuity of bone is termed as:							
	A.	Fixation		B.	Reduction			
	C.	Fracture		D.	Manipulation			

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

- (i) Define Bursitis. What are common sites of bursitis? Describe its treatment.
- (ii) What is muscular dystrophy? Name three types of muscular dystrophies.
- (iii) Define fractures. What are its methods of fixation? Give some detail.
- (iv) Define sprain and strain. What would be its Physiotherapy treatment if a person has some ankle pain?
- (v) What do you know about ankylosing spondylitis? What are its symptoms and treatment?
- (vi) What is postural drainage. Describe its indications and contra indications.
- (vii) Describe ulnar nerve palsy in detail.
- (viii) What do you know about scoliosis, its types and management?
- (ix) Define active movements, passive movements and resisted movements.
- (x) What are the functions of hypothalamus?
- (xi) Write down names of bones of lower limb.
- (xii) What are basic PNF techniques? What are its effects and uses?
- (xiii) What is paraffin bath therapy? In which condition, it is effective?

### SECTION - C (Marks 30)

Note: Attempt any THREE questions. All questions carry equal marks.

 $(3 \times 10 = 30)$ 

- Q. 3 Define Bursitis and Tendinitis. Describe its Physiotherapy treatment in detail.
- Q. 4 Name any three fundamental positions. What do you know about standing position?
- Q. 5 Give a detailed account of asthma.
- Q. 6 How can you explain cerebral palsy?
- Q. 7 What do you know about relaxation? Give its detail.

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