



PHYSIOTHERAPY TECHNIQUES HSSC-I

SECTION – A (Marks 20)

Time allowed: 25 Minutes

Version Number 3 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) Short wave diathermy (SWD) is a high frequency current which usually has frequency of _____ cycles / second:
A. 26,120, 000 B. 27,120,000 C. 28,120,000 D. 29,120,000
- 2) In acute inflammatory conditions the sedative effect of rays from non-luminous generators of _____ is more effective to relieve pain than from luminous generators.
A. Short wave diathermy (SWD)
B. Transcutaneous electrical nerve stimulation (TENS)
C. Infra Red Rays (IRR)
D. Ultraviolet Rays (UVR)
- 3) Heat is transmitted by _____ in liquids or a gas.
A. Conduction B. Convection C. Radiation D. None of these
- 4) Infra Red Rays (IRR) can cause superficial heat burns. A Red patch on skin shows:
A. Erythema B. Cyanosis C. Blister D. Cut
- 5) Scar tissue is softened by the application of ultrasound. It is true for:
A. Superficial tissues only B. Deep tissues only
C. Superficial and deep fibrous tissues D. None of these
- 6) When Faradic type of current is applied on human body then a mild _____ sensation is experienced.
A. Stabbing B. Cold C. Itching D. Prickling
- 7) If a 05 years old patient suffers with Facial palsy then following is best physiotherapeutic appliance:
A. Electrical nerve stimulator (ENS)
B. Transcutaneous electrical nerve stimulator (TENS)
C. Hydrotherapy
D. Actinotherapy
- 8) The _____ form practically all the mass of atom and number of these two particles gives atomic weight of the element.
A. Protons and neutrons B. Protons and electrons
C. Neutrons and electrons D. Electrons only
- 9) The unit of capacity is:
A. Ampere B. Watts C. Hertz D. Farad

- 10) _____ is the production of an electromotive force (EMF) in a conductor by interaction between conductor and magnetic lines of forces.
- A. Electrostatic induction B. Interferential induction
C. Rectification D. Electromagnetic induction
- 11) _____ is capable of changing the conditions under which matter exists or which is capable of doing work.
- A. Energy B. Power C. Watt D. Force
- 12) Electro therapy describes various _____ used in rehabilitation departments.
- A. Appliances B. Orthosis C. Prosthesis D. Exercises
- 13) A short wave diathermy current is _____ frequency current.
- A. High B. Low C. Medium D. Adjustable
- 14) When deep heating affects are required then _____ is appliance of choice.
- A. Infra Red Rays B. Cold therapy
C. Short wave diathermy D. Ultra sound
- 15) _____ is a painful stimulation of sensory nerves which is caused by sudden flow cessation or variation in intensity of current passing through body.
- A. Reflex B. Shock (electric) C. Faintness D. Pain
- 16) _____ effects are produced by the application of Infra-Red Rays.
- A. Thermal B. Spongy C. Cold D. Tingling
- 17) _____ is an integral part of rehabilitation department.
- A. Physiotherapy B. Chemotherapy
C. Radiotherapy D. None of these
- 18) Hydrotherapy should not be used when patient is:
- A. Unconscious B. Over weight
C. Underweight D. More than 10 years of age
- 19) A current which varies sufficiently in _____ can stimulate a motor nerve and thus produces contraction of respective muscles.
- A. Duration B. Type C. Intensity D. None of these
- 20) The dose of microwave diathermy can be assessed by power output from machine, which is usually upto the region of _____ but primary guide is sensations experienced by the patient.
- A. 200 watts B. 400 watts C. 800 watts D. 50 watts



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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) Define ultrasonic waves.
- (ii) Differentiate between physiological and therapeutic effects.
- (iii) What do you understand by concentration of electric field while dealing a patient with short wave diathermy (SWD)?
- (iv) What do you understand by ultraviolet rays?
- (v) Name three modes of heat transmission.
- (vi) What do you mean by low frequency currents?
- (vii) Name few contraindications while evaluating a patient to be treated with short wave diathermy (SWD).
- (viii) Define sinusoidal current.
- (ix) Define Ohm's law.
- (x) Give a brief account of electrotherapy.
- (xi) Name any five electrotherapeutical appliances used in a well-equipped physiotherapy department.
- (xii) What is the significance of luminous and non-luminous generators?
- (xiii) Name few methods of application of therapeutic ultrasound.
- (xiv) What is microwave diathermy?
- (xv) Define ultraviolet rays.

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 faradic current.
- Q. 4** Give physiological effects of Infra-red Rays.
- Q. 5** Explain therapeutic effects of short wave diathermy when applied on a 46 years old female patient with osteoarthritis of knee joint.
- Q. 6** What do you understand by rectification?
- Q. 7** Explain capacitance and capacitors.

Result.pk