

# **BABA FARID UNIVERSITY OF HEALTH SCIENCES, FARIDKOT**

## **PHYSIOTHERAPIST**

(Under DRME, Govt. of Punjab)

QUESTION BOOKLET NO.

IMPRESSION OF THE CANDIDATE

OMR ANSWER SHEET NO.

ROLL NO:

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FULL SIGNATURE OF THE CANDIDATE

FULL SIGNATURE OF THE INVIGILATOR

FULL SIGNATURE OF THE OBSERVER

**Time Allowed: 1.00 Hours (11.00 AM to 12.00 noon)**

**Maximum Marks: 50**

1. Use **BLACK FINE TIP BALL PEN** only. Use of pencil is not allowed.
2. Write your Roll number on the OMR answer-sheet and also on the question-booklet only in the space provided for the purpose and at no other place in the question booklets and Answer-sheet
3. Enter the Question Booklet Set and Number on the OMR Answer-sheet and also darken the corresponding bubbles with **BLACK FINE TIP BALL PEN**.
4. Do not put any marks anywhere in the Question booklet /on the OMR Answer-sheet.
5. **There are 50 objective type questions in all of 1 Mark each.** Before attempting the questions, check that the Question-booklet is complete. In case any question/part of question or page is missing, inform the Centre Superintendent within 5 minutes of the start of the examination. After that no claim will be entertained.
6. **Each question is followed by four alternative responses listed as A), B), C) and D) out of which only one is correct / most correct. In case, all the ovals are left blank, there will be deduction of marks @ 0.25 mark for each such unattempted question. Fifth oval 'E' (introduced for security purpose) is to be darkened in case you do not want to attempt the question to avoid negative marking.**
7. To open the question booklet, remove the seal gently when asked to do so. Handover the OMR Answer-sheet to the officer on duty on the completion of the time before you leave the examination hall.
8. **The candidates are permitted to carry his/her question booklet after completion of the examination but OMR Sheets are compulsory required to be deposited with the invigilator.**
9. A candidate who create disturbance of any kind or changes his/her seat or is found in possession of any paper possibility of any assistance to him/her or unfair means will be expelled from the examination by the Centre superintendent/Observer, whose decision shall be final. ("Expulsion" for this purpose would mean cancellation of the entire examination of the candidate).
10. **THE CANDIDATES ARE NOT PERMITTED TO CARRY ANY TELECOMMUNICATION EQUIPMENT SUCH AS WATCH, CELLULAR PHONE, WIRELESS SET, SCANNER ETC. INSIDE THE EXAMINATION HALL.**
11. For rough work, use only the blank space of the Question booklet.
12. The candidates will not be allowed to leave the examination hall during the examination.
13. Borrowing any material is not allowed.
14. The answer-sheet is designed for Computer evaluation. If the instructions are not followed properly, the candidate alone shall be responsible for the resultant loss.
15. Smoking/Refreshment shall not be allowed in the Entrance Test Centre/Hall.
16. Male candidates shall affix their Left Thumb Impression (LTI) while Female candidates shall affix Right Thumb Impression (RTI) at the prescribed place on the OMR answer sheet, Question Booklet and attendance sheet. The Centre superintendent shall also obtain and retain it for record.
17. The candidate must fill both the question booklet number and OMR answer sheet number on the attendance sheet.
18. No candidate shall be allowed to leave the centre before **12.00 noon**.

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1. What is an average carrying angle in men?
  - A. 5°
  - B. 10°
  - C. 13°
  - D. 15°
  
2. A patient complains of fatigue, difficulty swallowing, and weakness is diagnosed with myasthenia gravis. A physiotherapist understands that this condition is most likely caused by which of the following?
  - A. Insufficient secretion of acetylcholine
  - B. Insufficient dopamine levels.
  - C. Demyelination of the neurons.
  - D. Inflammation of the arachnoid and pia mater of the central nervous system.
  
3. A female patient complaining of low back pain, leg pain, and weakness in the leg and foot is diagnosed with lumbar disk herniation. Lumbar disk herniation is best described by which of the following statements?
  - A. It involves localized bulging of the disk with annular fiber damage.
  - B. It involves injury to the corticospinal tracts.
  - C. It involves synovial hypertrophy and chronic inflammation of the facet joints.
  - D. It involves narrowing of the spinal canal.
  
4. A 23-year-old female gave birth to a male newborn with talipesequinovarus of the right foot. In clubfoot deformities, which of the following is most commonly involved?
  - A. Toes
  - B. Foot instep
  - C. Ankle
  - D. Lateral malleolus
  
5. The following muscles in the lower extremities allow adduction of the hip joint except:
  - A. Adductor magnus
  - B. Pectineus
  - C. Gluteus medius
  - D. Gracilis
  
6. The rotator cuff is a group of muscles and tendons that depress the humeral head against the glenoid. The rotator cuff consists of the following muscles except:
  - A. Infraspinatus
  - B. Subscapularis
  - C. Supraspinatus
  - D. Serratus anterior
  
7. Which of the following joints is an amphiarthrosis?
  - A. Shoulder joint
  - B. Hip joint
  - C. Vertebral joint
  - D. Skull sutures
  
8. The following are the physiological responses to cold therapy during the first 15 to 20 minutes of cold exposure except:
  - A. Decreased tissue stiffness
  - B. Decreased circulation
  - C. Decreased arthrogenic muscle inhibition
  - D. Decreased muscle spasms
  
9. What is the nomenclature specific to lumbar disk disease that involves breaking off of the disk fragment from the nucleus pulposus?
  - A. Disk bulge
  - B. Disk protrusion
  - C. Disk sequestration
  - D. Disk extrusion
  
10. Which of the following is a static stabilizer?
  - A. Labrum
  - B. Serratus anterior
  - C. Supraspinatus
  - D. Rhomboids
  
11. Which of the following tissues has the highest thermal conductivity?
  - A. Muscle
  - B. Skin
  - C. Adipose tissue
  - D. Cortical bone

12. The following are the characteristic features of improved endurance except:

- A. Greater muscle strength
- B. Better adaptation of circulation and respiration to effort
- C. Lower blood pressure on exercise
- D. Lower pulse rate on exercise

13. Which of the following is the strongest ligament in the knee?

- A. Medial collateral
- B. Posterior cruciate
- C. Lateral collateral
- D. Anterior cruciate

14. A physical therapist decides to use a modality that uses the convection mechanism of heat exchange, which of the following is most likely considered?

- A. Electric heating pad
- B. Whirl pool
- C. Warm compresses
- D. Ultrasound therapy

15. Which of the following therapeutic methods of TENS is the most recommended for acupuncture-like settings?

- A. High-stimulation frequency and low-intensity, just above the threshold; current is set between 10 and 30 mA.
- B. Low-stimulation frequency and high-stimulus intensity, close to the tolerance level of the patient.
- C. Low-intensity stimuli firing in high-frequency bursts.
- D. Frequency of each burst is 1 to 2 Hz and the frequency of impulses with each burst is 100 Hz.

16. Which of the following activities is classified as an open-chain exercise?

- A. Bicep curls
- B. Squats
- C. Push-ups
- D. Leg press

17. A patient who complains of shoulder pain is assessed. It is noted that the pain is aggravated by movement and elevation of the arm above the shoulder level. The physical therapist tests the arm of the affected shoulder by internally rotating the patient's arm and forcefully moves the arm through full range of forward flexion. The therapist performs which of the following tests?

- A. Neer's test
- B. Hawkins's test
- C. Apley scratch test
- D. Yergason test

18. When evaluating a patient suspected of carpal tunnel syndrome, the physical therapist considers which of the following tests as the most specific for this condition?

- A. Square-wrist sign
- B. Phalen sign
- C. Carpal compression test
- D. Palpatory diagnosis

19. Nodding movement of head is the example of \_\_\_\_\_ order lever.

- A. 1st
- B. 2nd
- C. 3rd
- D. 4th

20. In which of the PRE the load remains constant during the training session \_\_\_\_\_.

- A. Delorme
- B. Watkin
- C. Zinovief
- D. McQueen

21. Ober's test is done to detect shortening of \_\_\_\_\_.

- A. Iliopsoas
- B. IT band
- C. hamstrings
- D. Gastro-soleus

22. The upward movement inside the water is easy. This movement is assisted by \_\_\_\_.
- Gravity
  - Buoyancy
  - Hydrostatic pressure
  - Water current
23. Close packed position for humero-ulnar joint is
- extension
  - 50 degrees of flexion
  - 70 degrees of flexion
  - 90 degrees of flexion
24. Reverse Colle's fracture is otherwise known as
- Barton's fracture
  - smith fracture
  - Galeazzi fracture
  - Pott's fracture
25. \_\_\_\_\_ splint is recommended for CDH.
- Pelvic harness
  - HKAFO
  - DB Splint
  - Aeroplane
26. Q-angle is 130 to 180, it becomes Zero Degree( $0^\circ$ ) in \_\_\_\_\_
- In lying with quadriceps contracting statically
  - In high sitting with quadriceps relaxed
  - In high sitting with leg rotated externally
  - In standing with the quadriceps contracting statically
27. Heberden's nodes are present in
- Wrist
  - Subcutaneous tissue
  - DIP
  - Shin of tibia
28. Meralgia parasthetica occurs in \_\_\_\_\_ nerve.
- Sciatic
  - Superficial peroneal
  - Lateral femoral cutaneous
  - Sural
29. Chorea is due to involvement of
- Subthalamic nucleus
  - Caudate & putamen
  - Substantianigra
  - Basal ganglia
30. Weber's syndrome is \_\_\_\_\_
- Oculomotor nerve palsy and contralateral hemiplegia
  - Facial nerve palsy and contralateral hemiplegia
  - Facial nerve, trigeminal nerve palsy and contralateral hemiplegia.
  - Oculomotor abducens and optic nerve palsy and contralateral hemiplegia.
31. Ape thumb deformity occurs due to the involvement of \_\_\_\_\_
- Ulna nerve
  - Median nerve
  - Radial nerve
  - Musculocutaneous nerve
32. Biceps brachii as an elbow flexor is most effective at \_\_\_\_\_ elbow flexion range
- 450
  - 600
  - 900
  - 1200
33. Physiotherapy modality suitable for pelvic inflammatory disease is
- UST
  - SWD
  - IFT
  - LASER
34. Diastasis recti is tested in crock lying position by asking the subject to raise head and shoulder to touch the knees, while therapist palpating the gap between the recti at the midline at different levels . It is considered to be significant when the gap is \_\_\_\_\_.
- More than 1 cm
  - More than 2 cm
  - More than 3 cm
  - More than 4 cm

35. Suryanamaskar has got \_\_\_\_\_ steps.

- A. 6
- B. 10
- C. 12
- D. 18

36. Comparison of two independent samples with normal distribution in ratio scale can be done by which statistical test

- A. Paired t
- B. Unpaired t
- C. Mann Whitney
- D. Wilcoxon signed rank

37. In Door to Door survey, which sampling is preferable

- A. Simple random
- B. Non probability
- C. Systematic
- D. Cluster

38. Kendall's rank correlation coefficient assess relation between

- A. Two ordinary variables
- B. Two continuous variables
- C. One ordinary, one continuous variable
- D. A & C

39. William's brace is known as \_\_\_\_\_ orthosis.

- A. Lumbo-sacral flexion control
- B. Lumbo-sacral flexion-extension control
- C. Lumbo-sacral flexion-rotation control
- D. Lumbo-sacral extension lateral control

40. Which of the following spinal orthosis controls LS flexion-extension?

- A. Taylor
- B. Knight
- C. Harris
- D. Taylor-Knight

41. World Confederation of Physical Therapists was formed in \_\_\_\_\_.

- A. 1951
- B. 1953
- C. 1862
- D. 1764

42. The splenius capital and cervicis

- A. Extend the head and neck
- B. flex the head and neck
- C. elevate ribs, assisting inspiration
- D. stabilize the atlas and axis

43. All of the following are medial rotators of the arm except

- A. Latissimus Dorsi
- B. Subscapularis
- C. Infraspinatus
- D. Anterior part of deltoid

44. Whenever deeply placed structures are to be treated with the capacitor field method, which of the following technique would be used?

- A. Coplanar
- B. Crossfire
- C. Contra planar
- D. Cable

45. Phonophoresis occurs due to:

- A. Acoustic streaming
- B. Unstable cavitation
- C. Attenuation
- D. Reflection

46. Risk factors for the development of pre-eclampsia include:

- A. Multiparity
- B. Diabetes Mellitus
- C. A past history of Renal disease
- D. A history of chronic Hypertension

47. The lack of which muscle strength is considered as a risk factor in overuse injury:

- A. Isometric muscle strength
- B. Dynamic muscle strength
- C. Ballistic muscle strength
- D. All of the above

48. Kaltenborn has described \_\_\_\_\_ grades

- A. 4
- B. 3
- C. 5
- D. None of the above.

49. Frenkel's exercises are devised to improve co-ordination by use of sight, sound and touch in case of ataxia due to\_\_\_\_\_.

- A. Cerebellar lesion
- B. Loss of kinesthetic sensation
- C. Spastic paralysis
- D. Flaccid paralysis

50. The correct sequence of stair climbing with a pair of axillary crutches is\_\_\_\_\_.

- A. Crutches, affected leg, sound leg
- B. Affected leg, sound leg, crutches
- C. Sound leg, affected leg, crutches
- D. Crutches , sound leg, affected leg

