



PHYSIOTHERAPY TECHNIQUES HSSC-I

SECTION - A (Marks 20)

75

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) Heat therapy is called:
A. Hydrotherapy B. Cryotherapy C. Thermotherapy D. Radiotherapy
- 2) The Ohm's Law formula is:
A. $I = R/V$ B. $I = M/V$ C. $I = V/R$ D. None of these
- 3) The voltage is measured in:
A. Amperes B. Newton C. Joules D. None of these
- 4) The unit of resistance is:
A. Volt B. Grams C. Ohm D. None of these
- 5) The distance between two identical adjacent points on a wave is called:
A. Frequency B. Velocity C. Acceleration D. Wavelength
- 6) Ultraviolet Radiation is present in:
A. Moonlight B. Sunlight C. Tube light D. None of these
- 7) The Constant Direct Current is called:
A. Faradic current B. Galvanic current
C. High Frequency Current D. None of these
- 8) The Faradic Current has a frequency of:
A. 10 Hz B. 20 Hz C. 50 Hz D. 60 Hz
- 9) In SWD how many circuits are used?
A. One B. Two C. Three D. Four
- 10) Iontophoresis has _____ effect.
A. Slow B. Burning C. Immediate D. None of these
- 11) Phonophoresis uses:
A. Acoustic energy B. Chemical energy
C. Electrical current D. None of these
- 12) The frequency of MWD is:
A. 1050 cycles/second B. 1260 cycles/second
C. 1500 cycles/second D. 2450 cycles/second
- 13) IRR is produced by _____ types of generators.
A. One B. Five C. Two D. None of these
- 14) Exposure to IRR can cause:
A. Cancer B. Ulcer C. Cataract D. None of these
- 15) The effective depth of penetration of MWD is:
A. 2.00 cm B. 2.5 cm C. 4.3 cm D. 8.6 cm
- 16) High frequency current is passed through:
A. Electrons B. Neutrons C. Protons D. Magnetrons
- 17) TENS is NOT used in:
A. Postoperative pain B. Obstetric pain
C. Phantom-limb pain D. Eye pain
- 18) The treatment by Ray is called:
A. Electrotherapy B. Hydrotherapy C. Actinotherapy D. Cryotherapy
- 19) Mechanical traction is useful for all of the following EXCEPT:
A. Root compression B. Spinal Stenosis
C. Vertebral artery disease D. Disc Herniation
- 20) IRR is the application of _____ heating of structures.
A. Internal B. Deep C. Superficial D. All of these



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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 Biomechanics.
- (ii) Define Force and types of forces.
- (iii) Write about conductors and non-conductors of electricity.
- (iv) Write about types of TENS.
- (v) What is contraplanar method?
- (vi) What is the importance of electrotherapy equipment?
- (vii) What are the adverse effects of electrotherapy?
- (viii) What is energy and mention its forms.
- (ix) What is the difference between longitudinal and transverse waves?
- (x) Define moments and its kinds.
- (xi) Define cavitation.
- (xii) Define trigger point.
- (xiii) Define tone and resonance.
- (xiv) Define therapeutic effect.
- (xv) What is ultrasound therapy?

SECTION – C (Marks 30)

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

(3 x 10 = 30)

- Q. 3** Describe in detail benefits of physiotherapy and electrotherapy.
- Q. 4** What are the physiological effects of low frequency current?
- Q. 5** Describe in detail all the electrotherapy modalities used in physiotherapy department.
- Q. 6** Classify the IRR, also mention its techniques of application and treatment.
- Q. 7** Describe Bell's Palsy and its electrical stimulation treatment technique.