



# PHYSIOTHERAPY TECHNIQUES HSSC-II

## SECTION – A (Marks 20)

Time allowed: 25 Minutes

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**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) Lingula is present in:
 

A. Right lung	B. Left lung
C. Heart	D. Both lungs
- 2) Only single limb is paralysed in:
 

A. Hemiplegia	B. Paraplegia
C. Monoplegia	D. Diplegia
- 3) 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	B. 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	B. 30 ° – 40 ° C
C. 40 ° – 44 ° C	D. 80 ° – 90 ° C
- 7) Spinal deformities are:
 

A. Paraplegia / Diplegia	B. Kyphosis / Scoliosis
C. Reduction / Fixation	D. Neuropathy / Myopathy
- 8) Types of crutches are:
 

A. Spinal crutches	B. Axillary / Elbow crutches
C. Ankle crutches	D. Knee crutches
- 9) Bones of forearm are:
 

A. Scapula / Humerus	B. Femur / Tibia
C. Fibula / Femur	D. Radius / Ulna
- 10) It is means of accelerating patient's recovery from injuries and diseases which have changed his activities of daily living in a normal way:
 

A. Exercise therapy	B. Elbow crutches
C. Muscular dystrophy	D. Speech therapy
- 11) It is defined as the brain affection leading to multiple physical deficits and delayed motor milestones:
 

A. Erb's palsy	B. Facial palsy
C. Cerebral palsy	D. Bell's palsy





# PHYSIOTHERAPY TECHNIQUES HSSC-II

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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 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 x 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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