

Question Bank of Assistant Physiotherapist Officer Set – 1

1. Which is the largest sesmoid bone of body
A. Patella B. Talus C. Femur D. Olecranon A page 22 BDC 4th ed vol –II
2. Root value of superior gluteal nerve
A. L234 B. L345 C. L45S1 D. L5S1S2 C page 76 BDC 4th ed vol –II
3. Inferior gluteus nerve supply
A. Tensor fascia lata B. Gluteus Maximus muscle
C. Gluteus medius muscl D. Gluteus minimus muscle
B page 76BDC 4th ed vol –II
4. Sleeping foot is due to compression of
A. Sciatic Nerve B. Peroneal Nerve C. Posterior tibial nerve D. Ant tibial Nerve
A page 92 BDC 4th ed vol –II
5. Which of the following muscle is not a hamstring group muscle
A. Semimembranosis B. Semitendinosus C. Quadriceps D. Biceps femoris
C page 89 BDC 4th ed vol –II
6. Exaggeration of longitudinal arch of foot is known as
A. Flat foot B. claw foot C. Club foot D. Pes cavus
D page 162 BDC 4th ed vol –II
7. Locking of knee joint occurs in which position of knee
A. full flexion B. 90 degree flexion C. 45 degree flexion D. Full Extension
D page 148 BDC 4th ed vol –II
8. Ganglion is most common on
A. Volar aspect of wrist B. Dorsal aspect of wrist C. Volar aspect of foot D. Dorsal aspect of foot
B. page 153 BDC 4th ed vol –I
9. Klumpke 's Paralysis is due to injury of
A. C56 B. C67 C C78 C8T1 D. page 170 BDC 4th ed vol –I
10. Which is the thickest nerve of brachial plexus
A. Ulnar Nerve B. Median Nerve C, Radial Nerve D. Pectoral Nerve
C. page 171 BDC 4th ed vol –I
11. Carpal tunnel syndrome is due to compression of
A. Ulnar Nerve B. Median Nerve C, Radial Nerve D. Posterior interosseous Nerve
B. page 172 BDC 4th ed vol –I
12. Winging of scapula is due to
A. Dorsal scapular Nerve B. long thoracic Nerve C, Suprascapular Nerve
D. Lateral pectoral Nerve
B. page 52 BDC 4th ed vol –I
13. Student's elbow is due to inflammation of bursa around
A. Knee B. Shoulder C. Elbow D. Wrist C. page 149 BDC 4th ed vol –I
14. How many carpal bones in a hand
A. 7 B. 8 C. 9 D. 10 B. page 163 BDC 4th ed vol –I
15. Normal knee ROM
A. 170 B. 160 C. 130 D. 90 C. P-15 Ess. of orthopedic. J Ebnezer 2nd ed
16. In isometric exercise muscle length
A. Changes B. No Changes C. Tone equal D. None
B. P-21 Ess. of orthopedic. J Ebnezer 2nd ed

17. wall slide and squat are
A. Open chain exercise B. closed chain exercise C. polymetric exercise D. All
B. P-22 Ess. of orthopedic. J Ebnezer 2nd ed
18. Cuff and collar sling used for which bone fracture
A. sternum B. dorsal spine C. Cervical spine D. Clavicle
C. P-96 Ess. of orthopedic. J Ebnezer 2nd ed
19. Most common ligament injured in ankle sprain
A. Anterior talofibular ligament B. posterior talofibular ligament
C. deltoid ligament D. None
A. P-191 Ess. of orthopedic. J Ebnezer 2nd ed
20. Which of the following test is not done to test ulnar nerve
A. Froments signs B. Card test C. Egawa test D. Pen test
D. P-235 Ess. of orthopedic. J Ebnezer 2nd ed
21. Hagelands disease is due to pathology of
A. Achillis tendon B. Patella tendon C. Deltoid ligament D. Planter fascia
A. P-322 Ess. of orthopedic. J Ebnezer 2nd ed
22. Foot drop is most common in
A. Tuberculosis B. HIV C. Hepatitis B D. Leprosy
D. P-472 Ess. of orthopedic. J Ebnezer 2nd ed
23. Hill sacks lesion is due to injury around
A. Hip B. Elbow C. Knee D. Shoulder
D. P-105 Ess. of orthopedic. J Ebnezer 2nd ed
24. Gunstock deformity is due to complication of fracture
A. proximal humerus B. Distal humerus C. distal radius D. Ulna
B. P-110 Ess. of orthopedic. J Ebnezer 2nd ed
25. Waiter tip deformity seen in
A. Erbs palsy B. Klumpke palsy C. Both D. None
A. P-245 Ess. of orthopedic. J Ebnezer 2nd ed
26. Following deformity seen in rickets
A. narrow chest B. Knock knee C. craniotabes D. All
D. P-412 Ess. of orthopedic. J Ebnezer 2nd ed
27. Septic arthritis is most common in which of the following joint
A. Hip B. Knee C. Ankle D. Shoulder
B. P-440 Ess. of orthopedic. J Ebnezer 2nd ed
28. Which of following is not a feature of charcot's joint
A. Painless B. lax joint C. erythema around joint D. Stable joint
D. P-442 Ess. of orthopedic. J Ebnezer 2nd ed
29. Who describe the term longitudinal traction
A. Hippocrates B. Galen C. Denis D. Thomas
B. P-72 Ess. of orthopedic. J Ebnezer 2nd ed
30. Spondylolisthesis is due to
A. Disc prolapse B. Muscle spasm C. Slip disc D. Slip vertebrae
D. P-295 Ess. of orthopedic. J Ebnezer 2nd ed
31. Codman exercise is used in
A. Osteoarthritis knee B. Ankle sprain C. frozen shoulder D. tennis elbow
C. P-147 text book of electro therapy Jagmohan 2nd ed.
32. Which of the following is not a contraindication for SWD
A. Muscle Spasm B. TB C. Infection D. Mrtal in tissue
A. P-181 text book of electro therapy Jagmohan 2nd ed

33. What is ohm's law
 A. $V=IR$ B. $V-IR$ C. $V+IR$ D. None
 A. P-14 text book of electro therapy Jagmohan 2nd ed
34. What is the wavelength of long wave diathermy
 A. 100 B. 200 C. 300 D. 500
 C. P-172 text book of electro therapy Jagmohan 2nd ed
35. what is compartmental syndrome
 A. Increase blood supply to compartment B. Decreased compartment blood supply
 C. decreased compartment pressure D. Increased compartment pressure.
 D. P-60 Ess. of orthopedic. J Ebnezer 2nd ed
36. Myositis ossification is due to
 A. posture abnormality B. bone non union C. fibrous and osseous proliferation
 D. Bone infection
 C. P-65 Ess. of orthopedic. J Ebnezer 2nd ed
37. Homan's sign is positive in
 A. tendoachillis rupture B. gastrocnemius muscle tear
 C. Non union tibia D. DVT
 D. P-68 Ess. of orthopedic. J Ebnezer 2nd ed
38. Strapping method is used in which fracture
 A. finger B. Toe C. Both D. None
 C. P-74 Ess. of orthopedic. J Ebnezer 2nd ed
39. Injury below which vertebrae level produces cauda equine syndrome
 A. C5 B. D5 C. D10 D. L1
 D. P-472 Ess. of orthopedic. J Ebnezer 2nd ed
40. Bowel and bladder nerve root supplied by
 A. L1-L3 B. L3-L5 C. L5-S2 D. S2-S4
 D. P-226 Ess. of orthopedic. J Ebnezer 2nd ed
41. Hangman fracture is fracture of
 A. C-1 B. C-2 C. C-3 D. C-4
 B. P-219 Ess. of orthopedic. J Ebnezer 2nd ed
42. Nerve root for wrist extensor
 A. C5-6, B. C6-7 C. 7-8 D. C8-T1
 C. P-215 Ess. of orthopedic. J Ebnezer 2nd ed
43. Nerve root for Dorsal interossei
 A. C5-6, B. C6-7 C. 7-8 D. C8-T1
 D. P-215 Ess. of orthopedic. J Ebnezer 2nd ed
44. Nerve root for Deltoid muscle
 A. C5-6, B. C6-7 C. 7-8 D. C8-T1
 A. P-215 Ess. of orthopedic. J Ebnezer 2nd ed
45. Nerve root for trapezius muscle
 A. C3-4, B. C4-5 C. 5-6 D. C6-7
 C. P-215 Ess. of orthopedic. J Ebnezer 2nd ed
46. Ape thumb deformity is due to injury of
 A. Radial Nerve B. Median Nerve C. Ulnar nerve D. PIN
 B. P-230 Ess. of orthopedic. J Ebnezer 2nd ed
47. Ape thumb deformity is due to injury of
 A. Radial Nerve B. Median Nerve C. Ulnar nerve D. PIN
 B. P-230 Ess. of orthopedic. J Ebnezer 2nd ed

48. Wrist drop is due to injury of

A. Radial Nerve B. Median Nerve C. Ulnar nerve D. None

A. P-230 Ess. of orthopedic. J Ebenezer 2nd ed

49. Tabes Dorsalis is due to injury of which region of spinal cord

A. Anterior column B. Posterior column C. Middle D. None

B. P-205 Laxmi narayan text book of Therapeutic exercise

50. Upper motor neuron lesion result in

A. Spasticity B. Flaccidity C. Both D. None

A. P-204 Laxmi narayan text book of Therapeutic exercise

1. What is the name of the group of muscles at the back of your thigh?
 - A. Quadriceps
 - B. Hamstring
 - C. Calves
 - D. Pectorals
2. What is the name of the muscles located at the front of the chest?
 - A. Biceps
 - B. Deltoids
 - C. Gluteal
 - D. Pectorals
3. What piece of equipment may be used to strengthen the ankle and knee following injury?
 - A. Dumbbells
 - B. Barbell
 - C. Stability disc
 - D. Punch bag
4. Which of these is an Exercise for the knee?
 - A. Bicep curl
 - B. Crunch
 - C. Straight leg raise
 - D. Pelvic tilt
5. Which of the following is an exercise for the back?
 - A. Arching
 - B. Bicep curl
 - C. Straight leg raise
 - D. Calf raise
6. Which of these can be done to exercise of hip?
 - A. Hip flexor stretch
 - B. Quadriceps stretch
 - C. Hip flexion
 - D. All of the above

7. Which of these exercises may be used for the ankle?

- A. Dorsiflexion
- B. Plantar flexion
- C. Calf raise
- D. All of the above

8. Which of these is a common injury of the back?

- A. Slipped disc
- B. Dislocation
- C. Tennis elbow
- D. Cruciate ligament

9. Which of the following is a lower body stretch?

- A. Calf
- B. Abdominal
- C. Triceps
- D. Trapezius

10. Which of these is a common football injury?

- A. Hamstring strain
- B. Dislocated shoulder
- C. Slipped Disc
- D. Rotator cuff injury

11. Which of these common running injuries?

- A. Runners knee
- B. Shin splints
- C. Blisters
- D. All of the above

12. What injury is common in rackets sports?

- A. Hernia
- B. Tennis Elbow
- C. Head injury
- D. Broken Toe

13. What is the name of the group of muscles at the front of your thigh?

- A. Quadriceps
- B. Hamstrings
- C. Calves
- D. Pectorals

14. Frenkel's exercise are devised to improve coordination 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

15. Leg lowering from extended three position quadriceps work.

- A. Concentrically
- B. Eccentrically
- C. Isokinetic ally
- D. Statically

16. Vertical suspension is used for

- A. Relaxation
- B. Strengthening
- C. Stretching
- D. Proximal fixation

17. Exercise that occurs in rounds and consist of continuous training

- A. Open kinematic chain
- B. Close kinematic chain
- C. Circuit training
- D. Isometric

18. The maximum penetration depth of IR is

- A. 3000 nm
- B. 1000 nm
- C. 700 nm
- D. 15000 nm



19. IT band is formed by the investment of the following fascia except.

- A. TFL
- B. Gluteus medius
- C. Gluteus Maximus
- D. Gluteus minimus

20. Elbow crutches are indicated for person with

- A. Strong upper extremities and strong trunk
- B. Strong upper extremities and weak trunk
- C. Weak upper extremities and strong trunk
- D. Weak upper extremities and weak trunk

21. In Delorme's PRE the progression of IORM is made one in

- A. Daily
- B. Every week
- C. Every fortnight
- D. Every month

22. The piriformis syndrome is caused by piriformis muscle that compresses

- A. Gluteal Nerve
- B. Femoral Nerve
- C. Obturator Nerve
- D. Sciatic Nerve

23. Pump handle movements is a feature of

- A. Lower ribs
- B. Upper ribs
- C. Mid ribs
- D. Diaphragm

24. In S.W.D most uniform field in the tissues is given by

- A. Narrow spacing
- B. Wide spacing
- C. Medium spacing
- D. Even spacing

25. A pathological increase in neck shaft angle is

- A. Coxavara
- B. Coxa valga
- C. Femoral ante version
- D. Femoral retroversion

26. The ability of the posture modify the external environment and pressure the alignment of one body part to another?

- A. Postural control
- B. Strength
- C. Balance

27. Exercise do with optimal performance and more capacity with wellbeing is?

- A. Fitness
- B. Power
- C. Co-ordination

28. Exercise that occurs in round and consist of continuous training.

- A. Open kinematic Chain
- B. Close kinetic chain
- C. Circuit training
- D. Isometric

29. Centre of gravity of adult humans in the anatomical position is slightly

- A. Anterior to S1 vertebrae
- B. Posterior to S1 vertebra
- C. Anterior to S2 vertebra
- D. Posterior to S2 Vertebra

30. Sharp pain is elicited beneath the gastrocnemius when the foot is dorsiflexed. This finding is positive

- A. Tinel's Sign
- B. Allen's test
- C. Homan's Sign
- D. Schober's test

31. Aphasia where speech flows smoothly with a variety of grammatical constructions and preserved melody of speech are known as

- A. Wernick's Aphasia
- B. Broca's Aphasia
- C. Global Aphasia
- D. Dysarthria

32. Diabetic neuropathy can be most appropriately describe

- A. Motor polyneuropathy
- B. Distal sensory polyneuropathy
- C. Sensory motor neuropathy
- D. Distal motor neuropathy

33. As an ultrasonic beam travels through tissues the energy contained within it decreases with the distance transversed. This phenomenon is known as-

- A. Absorption
- B. Attenuation
- C. Conduction
- D. Reflection

34. Electrical silence (ie no EMG activity) at rest is

- A. Normal
- B. Abnormal
- C. Denervation
- D. Occurs in polymyositis

35. Descriptive term for an inflammatory condition of one or more musculotendinous units of the leg are called

- A. Stress fracture
- B. Medical Tibial stress syndrome
- C. Referred discogenic leg pain
- D. Shin splints

36. Hemiballismus is due to a lesion in the

- A. Subthalamic nucleus
- B. Red nucleus
- C. Putamen
- D. None of the above

37. Causes of Bell's palsy is

- A. Idiopathic
- B. Vascular
- C. Trauma
- D. Cold exposure

38. Conventional TENS is

- A. High intensity, Low frequency stimulation
- B. Low intensity, Low frequency stimulation
- C. High intensity, high frequency stimulation
- D. High frequency, low intensity stimulation

39. Spirometry does not determine the

- A. Tidal volume
- B. Inspiratory reserve volume
- C. Vital Capacity
- D. Residual volume

40. Ataxia of the trunk is seen in lesion of

- A. Cerebellar nerves
- B. Neo cerebellum
- C. Archi cerebellum
- D. Paleo cerebellum

41. The structure which gives restraint in the maximum directions is

- A. LCL
- B. MCL
- C. ACL
- D. PCL

42. Medium frequency currents are those whose frequency ranges from

- A. 1-100 Hz
- B. 1k_z -1MHz
- C. 71 MHz
- D. 4000-5000 Hz

43. 10 RM load refers to

- A. A weight that can be lifted less than 10 times as it is too heavy
- B. A maximum weight that can be lifted for maximum 10 times
- C. A minimum weight that can be lifted for maximum 10 times
- D. A weight that can be lifted only 10 times and is too heavy to be lifted more than 10 times

44. The frequency of manual vibration is

- A. 5-12 Hz
- B. 12-20 Hz
- C. 20-25 Hz
- D. None of the above

45. Absolute contraindication to exercise testing is

- A. Resting systolic B.P. more than 200 mm of Hg
- B. Resting Diastolic B.P. more than 120 mm of Hg
- C. Moderately severe valvular heart disease
- D. Recent complicated myocardial infarction

46. Which of the following structure keep blood flowing unidirectionally in humans?

- A. Bronchiole
- B. Neuron
- C. Septum
- D. Valves

47. Which of the following is the vestigial bony part of the human skeleton?

- A. Cranium
- B. Coccyx
- C. Cervical
- D. Clavicle

48. How many pairs of the spinal nerve are found in humans?

- A. 33
- B. 31
- C. 13
- D. 12

49. Which of the following is a balancing organ in humans?

- A. Eardrum
- B. Vestibular region
- C. Cochlea
- D. Organ of Corti

50. Which of the following control breathing rate in humans?

- A. Cerebellum
- B. Hypothalamus
- C. Thalamus
- D. Medulla oblongata

Answer sheet

1	B
2	D
3	C
4	C
5	A
6	D
7	D
8	A
9	A
10	A
11	D
12	B
13	A
14	B
15	B
16	D
17	C
18	B
19	D
20	A
21	B
22	D
23	B
24	C
25	B
26	A
27	A
28	C
29	C
30	C
31	A
32	C
33	B
34	A
35	D
36	A
37	A
38	D
39	D
40	A
41	B
42	B
43	D
44	B
45	B
46	D

47	B
48	B
49	B
50	D

1. Ultrasound can be used to treat

- A) Osteomyelitis
- B) Soft tissue injuries
- C) Open fractures
- D) All of the above

Correct Answer:- (B)

2. Continuous passive motion apparatus is used to

- A) Increase range of motion
- B) Maintain range of motion
- C) Strengthen knee muscles
- D) All of the above

Correct Answer:- (A)

3. Shoulder dislocation is caused by vigorous

- A) Flexion with internal rotation
- B) Flexion with external rotation
- C) Abduction with External rotation
- D) Abduction with internal rotation

Correct Answer:- (C)

4. Poliomyelitis is caused by viral infection in

- A) Posterior horn cell
- B) Anterior horn cell
- C) Muscle
- D) Peripheral Nerves

Correct Answer:- (B)

5. Degenerative bone disease is called as ?

- A) Osteoarthritis
- B) Rheumatoid Arthritis
- C) Gouty arthritis
- D) Synovitis

Correct Answer:- (B)

6. Colle's fracture occurs at ?

- A) Distal 1/3rd of radius
- B) Proximal 1/3rd of radius
- C) Olecranon process of ulna
- D) Distal 1/3rd of ulna

Correct Answer:- (A)

7. Biceps Brachii acts as a

- A) Flexor of knee
- B) Extensor of elbow
- C) Flexor of elbow
- D) Extensor of knee

Correct Answer:- (C)

8. Interferential therapy is not used for

- A) Muscle stimulation
- B) Pain relief
- C) Muscle re-education
- D) Wound healing

Correct Answer:- (D)

9. Continuous passive motion apparatus is used to

- A) Increase range of motion
- B) Maintain range of motion
- C) Strengthen knee muscles
- D) All of the above

Correct Answer:- (A)

10. An 18-year-old male status of post fractured right femur with open reduction and internal fixation is referred to physical therapy. After the initial therapy session the patient states that therapy is a waste of time and he will not return for any additional treatment. The most immediate response would be to:

- A. Inform the referring physician of the patient's decision
- B. Instruct the patient to return for one additional treatment session
- C. Discuss the importance of physical therapy with the patient
- D. Discharge the patient from physical therapy

Correct Answer:- (C)

11. A physical therapist and physical therapist assistant work as a team in an acute care medical facility. Which of the following responsibilities would be appropriate for the physical therapist to delegate to the therapist assistant?

- A. Develop a patient treatment plan based on an initial examination
- B. Revise an established patient plan
- C. Implement a therapeutic exercise program
- D. Write a discharge summary .

Correct Answer:- (C)

12. A patient rehabilitating from a laminectomy informs a therapist that his work schedule has prohibited him from completing the prescribed home exercise program. The therapist is frustrated with the patient's admission, particularly since the home exercise program takes only 10 minutes to complete. The most appropriate therapist action is to:

- A. Emphasize the importance of the home exercise program is part of the patient's rehabilitation program
- B. Ask the patient to make a specific effort to complete the home exercise program
- C. Inform the referring physician that the patient has been noncompliant
- D. Discharge the patient from physical therapy

Correct Answer:- (A)

13. A physical therapist is a member of a interdisciplinary team in a rehabilitation center. One of the patients in the pediatric unit is a 5-year-old boy who sustained a head injury and multiple fractures in a motor vehicle accident. The patient is scheduled to be treated by the team, but there is no information in the medical chart which specifies the patient's current weight bearing status. Which member of the interdisciplinary team would be responsible for determining the patient's weight bearing status?

- A. Physical therapist
- B. Occupational therapist
- C. Speech therapist
- D. Physician

Correct Answer:- (D)

14. Which splint is prescribed for claw hand deformity
- a. cock-up
 - b. knuckle bender
 - c. pan cake
 - d. short opponens

Correct Answer:- (B)

15. Orthotic management of CTEV includes which of the following ---
- a. Dennis-brown splint
 - b. Modified foot wear with medial stiff & straight border, lateral heel & sole raised without
 - c. AFO with lateral T-strap
 - d. All of the above

Correct Answer:- (D)

16. What is the name of group of muscle at the front of thigh?
- a. hamstring
 - b. quadriceps
 - c. gluteus
 - 2. piriformis

Correct answer B

17. What is the name of group of muscle at the back of thigh?
- a. hamstring
 - b. quadriceps
 - c. gluteus
 - 2. piriformis

Correct answer A

18. What is the abbreviation used to describe treatment for exercise injury ?
- 1. RICE
 - 2. PRICE
 - 3. NICE
 - 4. WISE

CORRECT ANSWER b

19. Ultrasound can be used to treat

- A) Osteomyelitis**
- B) Soft tissue injuries**
- C) Open fractures**
- D) All of the above**

Correct Answer:- (B)

20. Continuous passive motion apparatus is used to

- A) Increase range of motion**
- B) Maintain range of motion**
- C) Strengthen knee muscles**
- D) All of the above**

Correct Answer:- (A)

21. Interferential therapy is not used for

- A) Muscle stimulation**
- B) Pain relief**
- C) Muscle re-education**
- D) Wound healing**

Correct Answer:- (D)

22. Biceps Brachii acts as a

- A) Flexor of knee**
- B) Extensor of elbow**
- C) Flexor of elbow**
- D) Extensor of knee**

Correct Answer:- (C)

23. Colle's fracture occurs at ?

- A) Distal 1/3rd of radius
- B) Proximal 1/3rd of radius
- C) Olecranon process of ulna
- D) Distal 1/3rd of ulna

Correct Answer:- (A)

24. Measurement of axillary crutches ?

- A) 5cm below posterior axillary and 15 cm laterally with patient in supine lying
- B) 7cm below anterior axilla and 10 cm laterally with patient in standing position
- C) 4cm below anterior axilla and 10cm medially with patient supine lying
- D) 5cm below post axilla and 12cm laterally with patient standing

Correct Answer:- (A)

25. Shoulder dislocation is caused by vigorous

- A) Flexion with internal rotation
- B) Flexion with external rotation
- C) Abduction with External rotation
- D) Abduction with internal rotation

Correct Answer:- (C)

26. Poliomyelitis is caused by viral infection in

- A) Posterior horn cell
- B) Anterior horn cell
- C) Muscle
- D) Peripheral Nerves

Correct Answer:- (B)

27. Degenerative bone disease is called as ?

- A) Osteoarthritis
- B) Rheumatoid Arthritis
- C) Gouty arthritis
- D) Synovitis

Correct Answer:- (B)

28. Russian current is

- a. Low frequency
- b. Medium frequency
- c. High frequency
- d. None of the above

Correct answer B

29. Galvanic current is _.

- a. An alternating current
- b. A direct current
- c. Interrupted current
- d. Modified current

Correct answer B

30. Which current is used for the stimulation of innervated muscles.

- a. Faradic
- b. Faradic type
- c. Surged faradic
- d. Interrupted galvanic

Correct answer A

31. The dangers of hydrotherapy is —

- A. Slippage and fall
- B. Drowning
- C. Infection
- D. All of the above

Correct answer —D

32. Erb's palsy affects —

- A. Lumbar plexus
- B. Sacral plexus
- C. Brachial plexus
- D. Cranial plexus

Correct answer —C

33. Pulsed treatment of Ultra-Sound is given

- a. For thermal effect
- b. For non- thermal effect
- c. Higher intensities can be given safely
- d. For chronic disease conditions

correct answer___B

34. What are the name of muscle located at front of chest...

- a. Biceps
- b. Deltoid
- c. Gluteals.
- d. Pectorals

correct answer ---- D

35. Which group Of muscle are found on your back..

- a. Biceps
- b. Deltoid
- c. Latissimus Dorsi
- d. Pectorals

correct answer ---- C

36. If a physio says , you have injured your gluteal muscle, where are these..

- a. Neck
- b. Stomack
- c. Arm
- D. leg

Correct answer ---- D

37. What piece of equipment a physio can use to strengthen core muscle..

- A. Gym/Swiss ball
- B. resistance tube
- C. Punching bag
- D. Dumbbells

correct answer ---- A

38. What piece of equipment a physio can use to strengthen ankle and knee post injury..

- A. Dumbbells
- B. Barbell
- C. Stability Disc
- D. Punching bag

Correct answer --

39. Which of these is an exercise for knee..

- A. Biceps Curl
- B. Straight Leg Raise
- C. Pelvic Tilt
- D. Crunch

Correct answer --B

40. Which of these is an exercise for back..

- A Arching
- B. Biceps curls
- C. Pelvic Tilt
- D. Crunch

Correct answer --A

41. Which of these is a common injury of back..

- A. Dislocation
- B. Cruciate ligament injury
- C. Tennis elbow
- D. Slip disc

Correct answer --- D

42. Injuries to muscles are known as..

- A. Sprains
- B. Strains
- C. Breaks
- D. Cracks

Correct answer --- B

43. Injuries to ligaments are known as..

- A. Sprains
- B. Strains
- C. Breaks
- D. Cracks

Correct answer --- A

44. Which of these is a common football injury..

- A. slip disc
- B. rotator cuff injury
- C. hamstring stretch
- D. dislocation

Correct answer === C

45. Which of these is a common tennis injury..

- A. slip disc
- B. tennis elbow
- C. hamstring stretch
- D. dislocation

Correct answer === B

46. Which of these is a common golf injury..

- A. slip disc
- B. rotator cuff injury
- C. golfers elbow
- D. dislocation

Correct answer === C

47. Which of these is a common running injury..

- A. runners knee
- B. blisters
- C. shin splints
- D. all of the above

Correct answer === D

48. Which of these is a common skiing/snowboarding injury..

- A. slip disc
- B. rotator cuff Injury
- C. hamstring stretch
- D. knee ligament injury

Correct answer === D

49. Which of these is lower body stretch..

- A calf
- B. abdominals
- C. triceps
- D. trapezius

Correct answer ===A

50. What should you do to prevent injury and soreness after exercise..

- A. go to pub
- B. take a protein shake
- C. do a cool down
- D. all of the above

Correct answer == C

Question Bank of Assistant Physiotherapist Officer Set – 4

Question Bank for Assistant Physiotherapy Officer (50 Questions) answers highlighted

1. Graded step test is performed in following cases: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 7)

- a. Neurological evaluation
- b. Geriatric evaluation
- c. Musculoskeletal evaluation
- d. Cardiopulmonary evaluation

2. Crompton test is used to Indicate: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 7)

- a. Sports fitness
- b. Exercise fitness
- c. Balance function
- d. Cardiovascular fitness

3. Ratio of FEV1 to FVC provide a direct measure of: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 14)

- a. Collapse of tracheal wall
- b. Hypoventilation
- c. Hyperventilation
- d. Airway Obstruction

4. Contraindications for postural drainage: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 18)

- a. Mobilisation of peripheral secretions
- b. Atelectasis
- c. Cystic Fibrosis
- d. Recent severe haemoptysis

5. Glossopharyngeal breathing is performed in which conditions: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 20)

a. Recent severe haemoptysis

b. Emphysema

c. Pulmonary disease

d. Paralysis of respiratory muscles

6. Intermittent positive pressure breathing (IPPB) is contraindicated in: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 21)

a. Chest infection

b. Clearing bronchial secretion in semicomatose patients

c. Neuromuscular disease patients

d. Recent esophageal surgery

7. Contraindication of CPAP (Continuous Positive Airway Pressure): (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 21)

a. Respiratory distress syndrome in preterm infants

b. Hypoxic respiratory failure

c. Obstructive sleep apnea

d. COPD

8. Olecranon bursitis is seen in: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 37)

a. Tennis elbow

b. Golfer's elbow

c. Rheumatoid arthritis

d. Rupture of tendon biceps brachii

9. Trigger finger commonest site: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 41)

a. Abductor pollicis longus

b. Extensor pollicis brevis

c. Flexor pollicis longus

d. Extensor pollicis longus

10. Ober test is indicated in which condition: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 41)

a. Quadriceps strain

b. Hamstrings strain

c. Patellar tendinitis

d. Iliotibial tract syndrome

11. Plica syndrome is confirmed by pain on: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 44)

a. Laterally displacing the patella

b. Laterally displacing the patella with flexing the knee to 30 degrees

c. Medially displacing the patella with flexing the knee to 30 degrees

d. Positive McMurray Sign

12. Capsular pattern of neck joint: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 48)

a. Flexion, Rotation, Extension

b. Flexion, Lateral Flexion, Extension

c. Extension, Rotation, Flexion

d. Lateral Flexion, Extension, Flexion

13. Capsular pattern of Hip joint: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 48)

a. Extension, External rotation, Internal rotation

b. Flexion, External rotation, Internal rotation

c. External rotation, Extension, Internal rotation

d. Internal rotation, Extension, External rotation

14. Gallow's traction is a treatment of choice: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 60)

- a. Posterior dislocation of hip
- b. Anterior dislocation of hip
- c. Central dislocation of hip
- d. Congenital dislocation of hip**

15. Fractures where prolonged traction is contraindicated: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 62)

- a. Pathological fractures
- b. Multiple fractures in one limb
- c. Fractures with associated vascular injury
- d. Intertrochanteric fracture in old age**

16. The most common problem associated with external fixation: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 63)

- a. Delayed union of fractures
- b. Non union of fractures
- c. Malunion of fractures
- d. Pin tract infection**

17. Fractures treated by external fixator: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 65)

- a. Peri-prosthetic fractures
- b. An unstable fracture
- c. Fractures from torsional forces
- d. A compound fracture with soft tissue loss**

18. Four common sites for avascular necrosis of bone: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 71)

- a. Head of femur, distal half of scaphoid, capitate and trapezoid
- b. Head of femur, capitate, hamate and trapezoid
- c. Head of femur, capitate, hamate and lunate

d. Head of femur, proximal half of scaphoid, body of talus and lunate

19. Bankart's operation is performed in: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 80)

- a. Anterior dislocation of shoulder
- b. Posterior dislocation of shoulder
- c. Recurrent dislocation of shoulder
- d. Central dislocation of shoulder

20. In Putti-Platt operation which structures are repaired: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 80)

- a. Glenoid labrum
- b. Posterior capsule and glenoid labrum
- c. Anterior capsule and glenoid labrum
- d. Subscapularis muscle and anterior capsule

21. Volkmann's ischaemic contracture deformity presentation: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 99)

- a. Extension deformity at elbow, wrist, fingers and thumb
- b. Flexion deformity at elbow, wrist, fingers and thumb
- c. Flexion deformity at elbow, wrist, fingers and thumb with forearm supination and MCP joint in hyperflexion
- d. Flexion deformity at elbow, wrist, fingers and thumb with forearm pronation and MCP joint in hyperextension.

22. Side-Swipe injury of elbow: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 103)

- a. Fracture of lower end of humerus
- b. Fracture of lower end of humerus, lower end of ulna and posterior dislocation of elbow
- c. Fracture of lower end of humerus, lower end of ulna and posterior dislocation of elbow
- d. Fracture of lower end of humerus, upper end of ulna and radius and anterior dislocation of elbow

23. Monteggia fracture: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 108)

- a. Fracture of lower half of ulna
- b. Fracture of upper half of ulna
- c. Fracture of lower half of ulna with posterior dislocation of radial head
- d. Fracture of upper half of ulna with anterior dislocation of radial head**

24. Galeazzi fracture: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 108)

- a. Fracture of upper half of radius
- b. Fracture of lower half of radius
- c. Fracture of upper half of radius with dislocation of superior radio-ulnar joint
- d. Fracture of lower half of radius with dislocation of inferior radio-ulnar joint**

25. Which tendon may get ruptured in Colles fracture: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 110)

- a. Abductor pollicis longus
- b. Extensor pollicis brevis
- c. Flexor pollicis longus
- d. Extensor pollicis longus**

26. What is operative treatment of Smith fracture: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 113)

- a. K-wire
- b. Tension band wiring
- c. Intramedullary nail
- d. Buttress plate and screws**

27. Klenbock's disease: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 115)

- a. Fracture of scaphoid**

b. Barton's fracture

c. Intra-articular fracture of lower end of radius

d. Avascular necrosis of lunate

28. Which tendon gets avulsed in mallet finger: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 120)

a. Flexor digitorum profundus

b. Flexor digitorum superficialis

c. Flexor pollicis longus

d. Extensor digitorum communis

29. Autonomic dysreflexia is commonly seen in spinal lesions: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 128)

a. Above T12 level

b. Above L5 level

c. Above C5 level

d. Above T5 level

30. Campbell's operation is performed in which condition: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 170)

a. Acute dislocation of patella

b. Intercondylar fracture of femur

c. Supracondylar fracture of femur

d. Recurrent dislocation of patella

31. What is a Bumper fracture: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 173)

a. Dislocation of knee

b. Acute dislocation of patella

c. Fracture of the patella

d. Fracture of lateral condyle of tibia

32. Milkman's fracture occurs at: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 194)

- a. Sternum, spine, ankle and elbow joint
- b. Wrist, ankle, elbow joint and ribs
- c. Knee, wrist, ankle and elbow joint
- d. Femoral neck, pubis, upper humerus and ribs

33. Intra-articular arthrodesis is commonly performed in: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 202)

- a. Bone tumors
- b. Pyogenic arthritis
- c. Osteomyelitis

d. Tuberculosis of the joints

34. Triple arthrodesis is performed in deformed foot in which condition: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 203)

- a. Osteomyelitis
- b. Joint tuberculosis
- c. Pyogenic arthritis
- d. Poliomyelitis

35. Girdlestone(Excisional) arthroplasty of hip is indicated in: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 209)

- a. Advanced case of TB of hip
- b. Femoral neck fracture
- c. Intertrochanteric hip fracture
- d. Fracture shaft of femur

36. Which deformity is present in Klumpke's paralysis: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 259)

- a. Policeman's or Walter's tip deformity

b. Wrist drop

c. Claw hand deformity

d. Mallet deformity

37. Name any 2 muscle group with segmental innervation of L5, S1, S2: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 420)

a. Calf and Toe flexor

b. Tibialis anterior and tibialis posterior

c. Peronei and tibialis anterior

d. Hamstrings and Gluteus maximus

38. What is the segmental representation of Hamstring reflex: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 420)

a. L3, L4

b. S1, S2

c. L5, S1

d. L5, S1 and S2

39. Gaenslen's test is performed to identify: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 424)

a. Lumbar third nerve root test

b. Lumbar fourth nerve root test

c. Sacral first nerve root test

d. Sacroiliac irritation

40. Reverse Laseque's test is performed to identify: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 423)

a. Lumbar second nerve root test

b. Lumbar third nerve root test

c. Lumbar fourth nerve root test

d. Sacral first nerve root test

41. Faber's sign is to predict: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 426)

- a. Sacroiliac joint pathology
- b. PIVD
- c. Lumbar Spondylitis
- d. Hip pathology as a cause for low back pain**

42. Madelung deformity: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 328)

- a. Distortion of hand at wrist from long axis of forearm
- b. Congenital anomaly associated with defective development of medial part of lower epiphysis**
- c. Congenital contractures in ring and little finger
- d. Webbing of two or more digits

43. Ectrodactyly: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 329)

- a. Digits are more than five in number
- b. Webbing of two or more digits
- c. Lobster-claw appearance of hand with pincer grip**
- d. Distortion of hand at wrist from long axis of forearm

44. Klippel-Feil syndrome: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 331)

- a. Extra rib as an extension of costal process of seventh cervical vertebra
- b. Developmental defect of sternomastoid muscle
- c. Congenital dislocation of hip
- d. Fusion of two or more cervical vertebrae**

45. Pavlik harness is used in: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 332)

- a. Congenital coxa-vara

- b. Congenital short femur
- c. Congenital talipes equino varus
- d. Congenital dislocation of hip

46. Pes-plano-valgus: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 335)

- a. Ankle and foot in plantarflexion
- b. Foot is adducted and inverted
- c. Foot is abducted and everted
- d. Dropping of arches along with eversion

47. Treatment of club foot: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 335)

- a. Triple arthrodesis
- b. Craig nappy splint
- c. Von Rosen splint
- d. Capsulotomy

48. Rocker bottom deformity: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 339)

- a. CTEV
- b. Calcaneo-valgus-deformity
- c. Congenital flat foot
- d. Congenital short femur

49. Ollier's disease: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 340)

- a. Dyschondroplasia
- b. Osteogenesis imperfecta
- c. multiple exostoses
- d. Achondroplasia

50. Von Recklinghausen's disease: (Reference - Orthopaedics and Applied Physiotherapy, Author - Jayant Joshi and Prakash Kotwal, Page 341)

- a. Osteopetrosis
- b. Myositis ossificans progressiva
- c. Familial hypophosphataemia
- d. **Neurofibromatosis**

1. _____ is an example for high frequency current.
 - a. Faradic current
 - b. Galvanic current
 - c. Microwave diathermy
 - d. Russian current
2. Which of the following is not a characteristic of rods?
 - a. Around 120 millions of it are present
 - b. Can detect color
 - c. Highly sensitive to light
 - d. Loss of it leads to night blindness
3. _____ control that is the control of the prosthesis or other system through the use of muscle electricity.
 - a. Nudge
 - b. Biomechanical
 - c. Myoelectric
 - d. Hinge
4. Identify the position seen in a child with cerebral palsy where the child sits on the floor with bottom between the feet and the legs internally rotated and flexed.
 - a. Tailor sitting
 - b. Sacral sitting
 - c. W sitting
 - d. Ring sitting
5. External fixation is used for _____.
 - a. Fracture with severe soft tissue injury involving skin and blood vessels
 - b. unstable fracture
 - c. pathological fracture
 - d. multiple fractures
6. Charcoat joints are _____.
 - a. painless arthritic joint disease
 - b. degenerative joint disease
 - c. infective joint disease
 - d. ankylosed joints
7. Hemophiliacs should avoid _____.
 - a. IM injection
 - b. contact games
 - c. intake of Aspirin & other NSAID
 - d. all of the above

8. Neurovascular deficits are common complications of fracture ____ of femur.
- shaft
 - supracondylar
 - trochanter
 - condyles
9. In case of AK amputee prosthetic knee stabilization can be achieved by ____.
- action of gluteus maximus
 - trochanteric knee alignment
 - extension aid
 - all of the above
10. The most common cause for lower limb amputations is
- congenital deformities
 - infection
 - trauma
 - vascular disease
11. Physiotherapy management of Spondylolisthesis excludes ____.
- back extension exercises
 - stretching of hip flexors, hamstrings
 - spinal flexion exercises
 - spinal stabilisation exercise
12. End feel of ____ is bony.
- Knee extension
 - Elbow extension
 - Ankle DF
 - Forearm supination
13. Which of the following is not a tapotement technique?
- clapping
 - beating
 - pounding
 - petrissage
14. ____ muscle is known as decelerator in normal human locomotion.
- Ilio-psoas
 - Gastro-soleus
 - Hamstring
 - Quadriceps

15. Foot supination takes place during ____ phase of gait cycle.
- Heel strike to foot flat
 - Foot flat to mid stance
 - Mid stance to heel up
 - Heel up to toe up
16. Double support phase present at the ____ phase of gait cycle.
- Beginning of stance
 - End of stance
 - Beginning and end of stance
 - Mid stance
17. Which is the important factor to gain bone density?
- Resistance training
 - Weight bearing aerobic conditioning
 - Weight bearing resistance training
 - Non weight bearing aerobic training
18. In any exercise programme for 1 MET increase of exercise level systolic blood pressure rises by
- 5 – 7 mmHg
 - 7 – 10 mmHg
 - 10 – 12 mmHg
 - 12 – 15 mmHg
19. Tightness is same as
- Scar tissue adhesion
 - Adaptive shortening
 - Transient contracture
 - Contracture.
20. The minimum duration of exercise programme to improve strength should be at least.
- 3 weeks
 - 6 weeks
 - 10 weeks
 - 12 weeks
21. The advantages of group therapy _____
- Time saving for therapist
 - Builds up confidence in patients
 - Maximizes patient's effort and develop competition among the patients
 - All the above

22. Movement on the surface of the water is _____.
a. Assisted buoyancy
b. Supported buoyancy
c. Supported hydrostatic pressure
d. Resisted by the displaced water
23. Trendelenburg's sign is said to be positive, when _____.
a. Sound side pelvis drop down, while standing on affected side
b. Affected side pelvis drop down, while standing on sound side
c. Sound side pelvis elevated, while standing on affected side
d. Non of the above
24. 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
25. To prevent the occurrence of eddy currents
a. An insulator is used
b. A spherical conductor is used
c. A laminated conductor is used
d. None of the above
26. A choke coil is used
a. To even out the variations of intensity of current
b. To prevent the flow of high frequency current and allow the flow of low frequency current
c. (a) & (b)
d. None of the above
27. The unit of capacitance is
a. Ampere
b. Volt
c. Farad
d. None of the above
28. The low frequency current is up to
a. 1000Hz
b. 50Hz
c. 100Hz

- d. None of the above
29. Which iontophoresis is used for hyperhidrosis
- Metallurgical silver
 - Glycopyrronium bromide
 - Xanthine nicotinamide
 - Vine alkaloid
30. Which fibers are least affected by ice?
- C fiber
 - Delta fiber
 - A β fiber
 - A Gamma fiber
31. Fluidotherapy contains
- Warm water in large cabinet.
 - Water in room temp in large cabinet.
 - Cold water in large cabinet.
 - Mass of tiny cellulose particles suspended in moving air
32. Pain sensation is carried by
- Medial spinothalamic tract
 - Lateral spinothalamic tract
 - Posterior column
 - Anterior column
33. Broca's area of brain is for
- Speech
 - Hearing
 - Locomotion
 - Vision
34. Which test is done for myasthenia gravis
- Spinal fluid analysis
 - Tensilon
 - Prolonged fasting test
 - None of the above
35. For patients with generalized weakness which test is useful
- Thyroid function
 - Parathyroid function
 - Serum cryoglobulin
 - Serum complement levels

36. The sign of DVT _____.
- edema ankle & foot
 - pain & tenderness medial aspect of lower calf
 - positive Homan's sign
 - all of the above
37. Skin from uniovular twin having common placenta is also accepted, which is called
- Autograft
 - Isograft
 - Homograft
 - Heterograft
38. Skin grafting fails because of _____
- Movement of the graft
 - Foreign material or any other substance under the graft
 - Infection
 - All of the above
39. Which PNF technique is advocated for parkinsonism
- Hold and relax
 - Rhythmic stabilization
 - Rhythmic initiation
 - All of the above
40. In myopathy which exercise is appropriate
- Low load less repetition
 - High load high repetition
 - Low load high repetition
 - High load low repetition
41. In persistent vegetative state
- Pons functions spared
 - Pons function lost
 - Brain stem function spared
 - Brain stem function lost
42. In mild head injury Glasgow coma scale score is
- 9-12
 - 10-14
 - 13-15

43. Which defect is not included in Tetralogy of Fallot?
- a. ASD
 - b. VSD
 - c. PS
 - d. Ventricular hypertrophy
44. Bullae are seen in
- a. Asthma
 - b. Pulmonary embolism
 - c. Cor pulmonale
 - d. Emphysema
45. Pneumonia can be termed.
- a. COPD
 - b. Restrictive Lung Disease
 - c. Interstitial lung disease
 - d. Infective lung disease
46. Which class is lever of power
- a. 1st
 - b. 2nd
 - c. 3rd
 - d. 2nd & 3rd
47. Stance phase is _____ % of gait cycle
- a. 40 %
 - b. 50 %
 - c. 60 %
 - d. 70 %
48. Metacarpophalangeal joints of finger has _____ degrees of freedom
- a. 1 degree
 - b. 2 degree
 - c. 3 degree
 - d. More than 3
49. Positive adson's test indicates TOS due to ____.
- a. scalene
 - b. cervical rib
 - c. reduced scapulo-clavicular angle
 - d. tumor

50. Swan neck deformity is due to _____
- contracture of extensor digitorum communis
 - intrinsic tightness
 - contracture of FDP
 - rupture/laxity of volar plate.
51. Reverse colle's fracture is otherwise known as
- barton's fracture
 - smith fracture
 - galeazzi fracture
 - pott's fracture
52. In case of LLD _____ side bears more load
- shorter
 - longer
 - both sides bears equal load
 - none
53. In case of coxa vara _____ side is prone to develop degenerative arthritis
- affected
 - unaffected
 - both
 - none of the above.
54. Hip joint is supplied by _____ segments
- L1 – L3
 - L2 – L5
 - L2 – S1
 - L3 – S2.
55. _____ bursa often communicates with the hip joint
- subtrochantric
 - ischial
 - ilio pectineal
 - adductor
56. Antalgic gait is characterized by _____
- Smaller step on the affected side
 - Smaller step on the sound side
 - Lurching on the sound side
 - Inadequate swing on the affected side

57. Ely's test is done to check length of _____ muscle
- ITB
 - Hamstrings
 - Rectus femoris
 - Hip adductors
58. Deltoid ligament refers to _____
- MCL of ankle
 - LCL of ankle
 - Inferior tibiofibular ligament
 - Talocalcaneal ligament
59. Crossed hemiplegia means _____
- Lesion above pontine
 - At level of the pontine
 - Below pontine
 - None of the above
60. Myelomeningocele is a
- Swelling containing meninges and CSF
 - Swelling containing myelin sheath, meninges and CSF fluid
 - Swelling containing spinal cord, meningocele and CSF Fluid
 - None of the above
61. Ape thumb deformity occurs due to the involvement of _____
- Ulna nerve
 - Median nerve
 - Radial nerve
 - Musculocutaneous nerve
62. The EMG activity of denervation are the following except
- Fibrillation potential
 - Positive sharp wave
 - Polyphasic action potential
 - All of the above
63. Electrodagnosis of nerve injury should be initiated after _____.
- 1 week
 - 2 week
 - 4 week
 - 6 week
64. Meralgia parasthetica occurs in _____ nerve.

- a. Sciatic
 - b. Superficial peroneal
 - c. Lateral femoral cutaneous
 - d. Sural
65. Normal sensory action potential is
- a. Biphasic
 - b. Triphasic
 - c. Tetraphasic
 - d. Multiphasic
66. The clinical utility of F wave is to know_____.
- a. Conduction of distal part of nerve
 - b. To test the reflex arc
 - c. Conduction at proximal part of nerve.
 - d. Conduction at neuromuscular junction
67. Which SCI patient among the following will not have an effective cough
- a. Lesion below T9
 - b. Lesion below T6
 - c. Lesion Below T1
 - d. Conus medullaris lesion.
68. The first superficial reflex to recover following SCI is —.
- a. Bulbocavernosus.
 - b. Anal
 - c. Cremasteric
 - d. Abdominal
69. Prosopagnosia is
- a. Inability to recognize familiar objects
 - b. Inability to identify familiar faces
 - c. Inability to interpret visual stimuli
 - d. Inability to remember appropriate colour
70. Loss of hearing for low pitched tones is a feature of
- a. Middle ear infection
 - b. Damage of sensory end organ
 - c. Damage of cochlear part of 8th nerve
 - d. Auditory cortical area
71. Semicircular canals are excited by
- a. Linear movement

- b. Angular movement
 - c. Acceleration
 - d. Deceleration
72. Ability to interpret letter written on the palmar surface of one's hand is
- a. Stereognosia
 - b. Ahylognosia
 - c. Graphesthesia
 - d. None
73. Which of the following is not a brain stem reflex?
- a. STNR
 - b. ATNR
 - c. Positive supporting
 - d. Crossed extension
74. Trigeminal neuralgia is caused by demyelination/degeneration of-----
- a. Sensory division of cranial nerve 5
 - b. Motor division of cranial nerve 5.
 - c. Sensory division of cranial nerve 6
 - d. Motor division of cranial nerve 6
75. Backer type of muscular dystrophy is
- a. X linked dominant
 - b. Autosomal recessive
 - c. None of them
 - d. all of them
76. In poliomyelitis destruction occurs in
- a. Muscle
 - b. Peripheral nerve
 - c. Anterior horn cells
 - d. Posterior horn cells
77. Therapeutic modalities that reduce spasticity effectively
- a. Ice
 - b. Weight bearing
 - c. Sustained stretching
 - d. All of the above.
78. Motor perception disorder is
- a. Aphasia
 - b. Apraxia

- c. Alexia
- d. Anomia

79. Cervical rigidity, head retraction, kernig's sign are feature of
- a. Encephalomyelitis
 - b. Cerebral abscess
 - c. Meningitis
 - d. None of the above
80. The most prominent symptoms following posterior cerebral artery occlusion is
- a. Auditory
 - b. Apraxia
 - c. Visual
 - d. Motor
81. Motor behaviour follows sensory stimulus is the assumption of----- approach
- a. Bobath
 - b. Brunstorm
 - c. Rood's
 - d. PNF
82. At birth the shape of the chest is
- a. Barrel like
 - b. Circular
 - c. Elliptical
 - d. Triangular
83. The position of the lung is up to
- a. T8
 - b. T10
 - c. T12
 - d. T7
84. Shifting of mediastinum to right may occur in
- a. Right collapse
 - b. Left collapse
 - c. Right pleurisy
 - d. None of the above
85. Normal PEEP is
- a. 5 – 10 cm of H₂O
 - b. 5 cm H₂O
 - c. 15 – 20 cm H₂O

d. 20 - 25 cm H₂O

86. The higher centers of speech are located in _____.
a. Midbrain
b. Pons
c. Cerebral cortex
d. Cerebellum
87. _____ is the inability to write?
a. Aphasia
b. Amnesia
c. Agraphia
d. Apraxia
88. Which of the following is a rudimentary organ in human?
a. Appendix
b. Gall bladder
c. Caecum
d. Liver
89. The frequency of sound waves determines the _____ of sound.
a. intensity
b. pitch
c. quality
d. Timbre
90. The adduction of eyeball is done by _____.
a. Medial rectus
b. Superior rectus
c. Inferior rectus
d. Lateral rectus
91. Which of following behavioural issue is commonly seen in children with severe Mental Retardation?
a. Adamant
b. Over talkative
c. Suicidal ideas
d. Head banging
92. Nissl granules in neuron are clumps of _____.
a. Endoplasmic reticulum
b. Ribosomes
c. Mitochondria
d. Golgi apparatus
93. In _____ exercise, the working muscles are subject only to the forces of gravity acting upon the part moved or stabilized.
a. Assisted exercise
b. Resisted exercise

- c. Free exercise
 - d. Assisted-resisted exercise
94. Which of the following is INCORRECT in case of quadripolar application of Interferential therapy?
- a. Two medium frequency currents are used
 - b. It is used to treat larger areas
 - c. Two electrodes are used
 - d. It uses modulation in the form of Clove leaf pattern
95. _____ refers to any restriction or lack of ability to perform an activity in the manner or within the range considered normal for a human being resulting from impairment.
- a. Retarded
 - b. Handicap
 - c. Impairment
 - d. Disability
96. _____ refers to complete colour blindness.
- a. Achromatopsia
 - b. Quadrantanopia
 - c. Anopia
 - d. Hemianopia
97. The electrocardiographic waves are _____.
- a. A, CVX and Y waves
 - b. P, QRS and T waves
 - c. L, MNO and X waves
 - d. Alpha, Beta and Theta waves
98. The fundamental pitch of the voice is determined by _____.
- a. Cricoid cartilage
 - b. Larynx
 - c. Thyroid cartilage
 - d. Pharynx
99. Anti-B antibody is present in the _____ blood group.
- a. A
 - b. Rh
 - c. B
 - d. AB
100. _____ Humoral immunity is mediated by _____.
- a. Cytotoxic cells
 - b. Natural killer cells
 - c. T cells
 - d. B cells

101. In the range of muscle work, in which range the muscles are NEVER either fully stretched or fully contracted?
- Full range
 - Outer range
 - Inner range
 - Middle range
102. Trisomy 21 which is the presence of an extra chromosome 21 produced by non-disjunction is seen in which of the following conditions?
- Intellectual disability
 - Muscular Dystrophy
 - Cerebral palsy
 - Down syndrome
103. Identify the factor that contribute to Obstetric Brachial plexus injury.
- Birth weight < 3500 g
 - Decreased foetal heart rate
 - Gestational Hypertension
 - Neonatal Jaundice
104. Identify the commonest perinatal cause of Cerebral palsy.
- Hypoxic-ischemic encephalopathy
 - Seizures
 - Malaria
 - Irregular menstruation
105. Primary auditory area is _____.
- Area 31
 - Area 11
 - Area 41
 - Area 21
106. The skeletal muscle present in the middle ear is _____.
- Tensor tympani
 - Pterygoid
 - Buccinator
 - Masseter
107. Repair of the perforation of tympanic membrane is called as _____.
- Myringoplasty
 - Vestibuloplasty
 - Angioplasty
 - Mastoidectomy
108. 60 to 70 percentage of leukocytes are _____.
- Eosinophil
 - Neutrophil

- c. Basophil
 - d. Monocytes
109. Which of the following is NOT a non-modifiable risk factors for stroke.
- a. Family history
 - b. Age
 - c. Hypertension
 - d. Sex
110. The primary receptor for hearing is the _____.
- a. Ruffini nerve endings
 - b. Merkel's disc
 - c. Organ of corti
 - d. Paccinian corpuscle
111. The use of therapy ball can be used to challenge _____.
- a. Endurance
 - b. Dynamic sitting balance
 - c. Jumping
 - d. Static sitting balance
112. Cerebrospinal fluid circulates through _____.
- a. Sub dural space
 - b. Subpamater space
 - c. Epidural space
 - d. Subarachnoid space
113. All aspects of speech and language are impaired in _____.
- a. Dysarthria
 - b. Mutism
 - c. Scanning speech
 - d. Global aphasia
114. Identify the main physical feature of Anorexia Nervosa from the following.
- a. Diarrhea
 - b. Dizziness
 - c. Cardiac anomalies
 - d. Tremors
115. The refractive power is the maximum in the _____.
- a. choroid
 - b. sclera
 - c. lens

d. Cornea

116. Which of the following is NOT a Contra-indication for using paraffin wax therapy?

- a. Infections and open wounds
- b. Varicose veins
- c. Deep vein thrombosis
- d. Scars

117. The cause for conduction deafness is _____.

- a. Toxic drugs
- b. Meningitis
- c. Acoustic neuroma
- d. Otosclerosis

118. _____ is the procedure of Mapping the visual field.

- a. Tonometry
- b. Perimetry
- c. Visual evoked potential
- d. Electroretinogram

119. The fibrous connective tissue that is visible as white of the eye is _____.

- a. Vitreous humour
- b. Sclera
- c. Retina
- d. Ciliary body

120. What should you do after exercise to prevent injury and soreness?

- a. Take a protein shake
- b. Go to pub
- c. Do a cool down
- d. All of the above.

121. Injuries to muscle are known as tear or _____?

- a. Strain
- b. Breaks
- c. Cracks
- d. Sprains

122. The frequency of the high TENS ranges between

- a. 50 Hz to 100 Hz
- b. 75 Hz to 100 Hz
- c. 100 Hz to 150 Hz
- d. 125 Hz to 150 Hz

N.P.V.

123. Which technique is 10 lifts with $\frac{1}{2}$ RM, 10 lifts with $\frac{3}{4}$ RM, 10 lifts with 10 RM?
- Mac Queens
 - Oxford
 - DAPRE
 - Delorme
124. Accommodating resistance exercise, is also known as
- Isokinetic
 - Isometric
 - Isoinertial
 - Isotonic
125. Resisted isotonic contraction of the restricting muscles (antagonist) followed by relaxation and movement into the increased range in
- Hold relax
 - Rhythmic stabilization
 - Over flow
 - Contract relax.
126. Which of these were found to be effective in the treatment of hyperhidrosis via iontophoresis?
- Glycopyrronium bromide
 - Iodine
 - Albucid
 - Zinc
127. During running, the ground reaction force at the center of pressure reaches _____ of the body weight.
- 50 %
 - 100 %
 - 150 %
 - 200 %
128. Force that causes rotation of the lever is
- Compression
 - Torque
 - Tension
 - Muscle pull

129. The contraindication of stretching is
- Scar tissue limitation of motion
 - Bony block limitation of motion
 - Shortning of healthy muscle
 - Mild contracture
130. Bridging does not help for
- Facilitation of pelvic movements
 - Strengthening back extensors
 - Strengthening hip flexors
 - Strengthening hip extensors
131. One of the following is the most important essential fatty acid in the diet
- Linoleic acid
 - Arachidonic acid
 - Oleic acid
 - Palmitic acid
132. Temporal variables of the gait includes the following except
- Step time
 - Cadence
 - Step length
 - Speed
133. Abnormal high position of the patella on the fmoralsulcus is knpwn as
- Patella alta
 - Patella baja
 - Chondromalacie patella
 - Jumpers knee
134. The movement of a segment around a fixed axis is
- Translator motion
 - Linear motion
 - Rotator motion
 - Gliding
135. The measure of the distensibility of a structure or system is termed as
- Extensibility
 - Elasticity

- c. Compliance
 - d. Pressure
136. Ordinarily bleeding will not occur until the number of platelets in the blood falls below
- a. 80000/ μ l
 - b. 40000/ μ l
 - c. 50000/ μ l
 - d. 70000/ μ l
137. Rate of diffusion of gas across a respiratory membrane is inversely proportional to
- a. Thickness of cell membrane
 - b. Surface area of cell membrane
 - c. Solubility of the gas
 - d. Temperature
138. Which neuroglia are responsible for forming the myelin sheath around axons in the peripheral nervous system ?
- a. Microglia
 - b. Astrocytes
 - c. Schwann cells
 - d. Oligodendrocytes
139. The resting membrane potential of neuron is close to
- a. -65
 - b. +40
 - c. 0
 - d. -85
140. Which enzyme among mentioned below does not help in the process of glycolysis
- a. Hexokinase
 - b. Aldolase
 - c. Pyruvate kinase
 - d. Transaminase protein breakdown
141. Posterior cerebral artery supplies primarily the
- a. Frontal lobe
 - b. Temporal lobe
 - c. Parietal lobe
 - d. Occipital lobe

142. Which two rotator cuff muscle laterally rotate the arm at shoulder ?
- Infraspinatus and subscapularis
 - Supraspinatus and infraspinatus
 - Teres minor and infraspinatus
 - Teres minor and subscapularis
143. Which of the following bursae does not communicate with the synovial cavity of the knee?
- Suprapatellar
 - Peroneal
 - Gastrocnemius
 - Anserine
144. The muscle which does not have cross striations;
- Skeletal muscle
 - Cardiac muscle
 - Smooth muscle
 - Voluntary muscle
145. Tetanus contraction of a muscle is defined as
- Sustained contraction of muscle due to one stimuli with high frequency
 - Sustained contraction of muscle due to repeated stimuli with low frequency
 - Sustained contraction of muscle due to one stimuli with low frequency
 - Sustained contraction of muscle due to repeated stimuli with high frequency
146. The ear ossicle that is attached to the umbo of tympanic membrane is ____
- Stapes
 - Incus
 - Humerus
 - Malleus
147. For a child with spinal cord injury at c1 level, identify the functional expectation of the child.
- Able to ambulate with AFO
 - Can propel a manual wheelchair
 - Independent transfer with sliding board
 - Dependent for all transfer
148. The term "cellular respiration" is applied to;
- Exchange of the gases in the lungs

- b. Ventilation of the lungs (breathing)
- c. Exchange of the gas in the body tissues
- d. The production of ATP in the cell

149. What part of the neurons carries the action potential ?

- a. The cell body
- b. The dendrites
- c. The synaptic knobs
- d. The axon

150. When inspecting an x-ray image, the order of densities from blackest to whitest is;

- a. Bone, water, fat, air
- b. Air, fat, water, bone
- c. Air, water, fat, bone
- d. Bone, air, water, fat

1. c	31. d	61. b	91. d	121. a
2. b	32. b	62. c	92. b	122. c
3. c	33. a	63. c	93. c	123. d
4. c	34. b	64. c	94. c	124. a
5. a	35. a	65. b	95. d	125. d
6. a	36. d	66. c	96. a	126. a
7. d	37. b	67. b	97. b	127. d
8. a	38. d	68. b	98. b	128. b
9. d	39. c	69. b	99. a	129. b
10. c	40. c	70. a	100. d	130. c
11. a	41. c	71. b	101. d	131. a
12. b	42. c	72. c	102. d	132. c
13. d	43. a	73. d	103. a	133. a
14. c	44. d	74. a	104. a	134. c
15. d	45. d	75. b	105. c	135. c
16. c	46. b	76. c	106. a	136. c
17. c	47. c	77. d	107. a	137. a
18. b	48. b	78. b	108. b	138. c
19. c	49. a	79. c	109. c	139. a
20. b	50. d	80. c	110. c	140. d
21. d	51. b	81. c	111. b	141. d
22. d	52. b	82. b	112. d	142. c
23. a	53. b	83. b	113. d	143. b
24. c	54. c	84. a	114. b	144. c
25. c	55. c	85. b	115. c	145. d
26. c	56. b	86. c	116. d	146. d
27. c	57. c	87. c	117. d	147. d
28. a	58. a	88. a	118. b	148. d
29. b	59. b	89. b	119. b	149. d
30. a	60. c	90. a	120. c	150. b