

Asstt. Physiotherapy Officer Examination Question Bank

1. Ankle jerk is related to

- a. L 5 Nerve Root
- b. L 4 Nerve root
- c. S 1 Nerve Root
- d. S 2 Nerve Root

Ref :-Neurology and Neurosurgery illustrated author Lindsay,Bone,Callander Page no 26

Ans C

2. Gag Reflex is used to testcranial nerve

- a. IX
- b. X
- c. XI
- d. IX and X both

Ref :-Neurology and Neurosurgery illustrated author Lindsay,Bone,Callander Page no 17

Ans D

3. Superior Oblique muscle is supplied by

- a. III
- b. IV
- c. V
- d. VI

Ref :-Neurology and Neurosurgery illustrated author Lindsay,Bone,Callander Page no 145

Ans B

4. Which is Not a feature of parkinson Disease

- a. Spasticity
- b. Rigidity
- c. Bradykinesia
- d. None of above

Ref :-Neurology and Neurosurgery illustrated author Lindsay,Bone,Callander Page no 352

Ans: a

5. Weakness of elbow flexion with forearm supination is related to

- a. Median Nerve
- b. Radial Nerve
- c. Ulnar Nerve
- d. Musculocutaneous nerve

Ref :-Neurology and Neurosurgery illustrated author Lindsay,Bone,Callander Page no 434

Ans d

6. In STRESS INCONTINENCE which modality is preferred

- a. faradic stimulation
- b. galvanic stimulation
- c. Interferential stimulation
- d. All of above

Ref :-Clayton's electrotherapy 10 edition page 313

Ans. c

7. Holding A Weight and lowering down the elbow from full flexion to extension is

- a Isometric contraction
- b. Concentric contraction

c. Eccentric contraction

d. All of above

Ref:- Therapeutic exercise Colby & kissner page no 170

Ans:- c

8. Mobilization technique to improve dorsiflexion is

a. Posterior glide of talocrural joint

b. Anterior glide of talocrural joint

c. Anterior glide of Talocalcaneal joint

d. All Of ABOVE

Ref:- Therapeutic exercise Colby & kissner page no 142

Ans:- a

9. IT band friction syndrome is due to tightness of

a. Gluteus medius

b. Gluteus maximus

c. Gluteus minimus

d. All of above

Ref:- Therapeutic exercise Colby & kissner page no 711

Ans- b

10. Thomas stretch is used to correct

a. Hyperlumbar lordosis

b. Scoliosis

c. Flat Back Posture

d. All of above

Ref:- Therapeutic exercise Colby & kissner page no 673

Ans- a

11. Slump test is used to stretch

- a. Sciatic nerve
- b. Femoral nerve
- c. Both Of above
- d. None Of above

Ref:- Therapeutic exercise Colby& kissner page no 369

Ans-a

Ans- 12. Pain and restricted Wrist extension is due to inflammation in

- a. Extensor carpi ulnaris
- b. Extensor carpi radialis longus
- c. Extensor carpi radialis brevis
- d. Extensor digitorum

Ref:- Therapeutic exercise Colby& kissner page no 576

Ans:-c

13. Adson's test is performed in

- a. Thoracic outlet syndrome
- b. supraspinatus tendinitis
- c. Bicipital tendinitis
- d. All Of Above

Ref:- Orthopedic physical examination David J Magee page no 322

Ans:- a

14. Lachman's test for ACL INJURY Knee is flexed upto

- a. 15 DEGREE
- b. 30 degree
- c. 45 degree

d. 60 degree

Ref:- Orthopedic physical examination David J Magee page no 767

Ans:- a

15. Deepest abdominal muscle is

a. Rectus Abdominis

b. Transversus abdominis

c. External oblique

d. Internal oblique

Ref:- Therapeutic exercise Colby & Kissner page no 387

Ans:- b

16. Bell's palsy is managed by

a. Ultrasound

b. Infrared

c. Galvanic stimulation

d. All of above

Ref:- Tidy's physiotherapy

ans- d

17. Which PNF technique is advocated for parkinsonism ?

A. Hold & relax

B. Rhythmic stabilization

C. Rhythmic initiation

D. All of the above

Ref: (Glady Samuel Raj) Page No. 299

ans- C

18. Genu recurvatum is

- a. Knee hyperextension
- b. Knee Hyperflexion
- c. Knee Adduction
- d. Knee Abduction

Ref:- Clinical Orthopedics J. Maheshwari Page 275

ans- A

19. Symes Amputation is Through

- a. Through intertarsal joint
- b. through metatarsal joint
- c. Through talonavicular joint
- d. Through ankle

Ref:- clinical orthopedics J. Maheshwari Page 275

ans- d

20. Shoe with medial raise is used to correct

- a. Genu valgum
- b. Flat foot
- c. Both of them
- d. None of them

Ref:- clinical orthopedics J. Maheshwari Page 281

ans- c

21. Parthe's disease is common in

- a. Boys 5-10 years of age
- b. Girls 5-10 years of age
- c. Common in both sex

d. None of above

Ref:- clinical orthopedics J. Maheshwari Page 269

ans- a

22 In PIVD THE POSTURE IS

a. flexed

b. extended

c. flexed tilted to one side

d. ALL of above

Ref:- clinical orthopedics J. Maheshwari

ans- c

23.Thoracic outlet syndrome compression is over

a, axillary artery

b. Carotid artery

c. Subclavian artery

d. all of above

Ref:- Tidy'S physiotherapy page160

ans- c

24,Homan's sign is an indicator of

a. DVT

B. calf Injury

c. Both of them

d. None of them

Ref:- tidy's physiotherapy page214

ans- a

25.The resting membrane potential of the skeletal muscle cell is :

- a) -60mv
- b) -70mv
- c) -90mv
- d) None of the above

Ref: Electrotherapy: Clayton Page No.227

Ans- c

26. Lymphoedema is managed by

- a. Faradism under pressure
- b. Crepe bandaging
- c. Pneumatic compression
- d. ALL OF ABOVE

Ref:- tidy's physiotherapy 285

Ans- d

27. Anterior segment of both lobes of lungs are drained in

- a. sitting upright
- b. High prone lying
- c. supine lying with knee relaxed
- d. None of above

Ref:-Cash textbook of cardiorespiratory disease page 345

Ans- c

28. Muscle underdeveloped in CTEV IS

- a. Tendoachilis
- b. Tibialis posterior
- c. Tibialis anterior

d. All of above

Ref:- clinical orthopedics J. Maheshwari Page 194

Ans- a

29. WILSON'S Release is done in

a. hip

b. knee

c. ankle

d. NONE of them

Ref:- clinical orthopedics J. Maheshwari Page 207

ans -b

30. Antalgic gait is caused by

a. GLUTES MAXIMUS WEAKNESS

b. Tightness of tendo achilis

c. Painful hip disease

Ref:- clinical orthopedics J. Maheshwari Page 295

Ans- C

31. Stress Incontinence Is Caused By

a. hormonal imbalance

b. atrophy of pelvic floor muscle

c. Damage of pelvic floor

d. all of above

Ref:- tidy's physiotherapy page 404

Ans- d

32. Osteochondritis dessicans affected bone is

a. Medial condyle of femur

- b. Lateral condyle of femur
- c. MEDIAL condyle of tibia
- d. Lateral condyle of tibia

Ref:- Essential of orthopedics and applied physiotherapy joshi & kotwal page 549

Ans -a

33.For normal gait knee flexion required is

- a. 30-45 DEGREE
- b.40-65 degree
- c. 60-90 degree

None of above

Ref:- Essential of orthopedics and applied physiotherapy joshi & kotwal page 357

Ans- b

34.Physiological Effect of yoga is

reduction in heart rate

- b. Increased metabolic rate
- c. Improved motor performance
- d. All of above

Ref:- Essential of orthopedics and applied physiotherapy joshi & kotwal page 570

Ans- d

35. Which Orthosis Is Used In Scoliosis

- a.ASH
- b. TAYLOR
- c. SOMI
- d. MILWAUKEE

Ref-Textbook of rehabilitation S.sunder page no 147

ans- d

36. What Is The Level Of Cauda Equina

a. L1

b. L5

c. S1

d. T12

Ref-Physical Rehabilitation O.Sullivan Page No 941

Ans-a

37. Which scale is used in stroke assessment

a. VAS

b. Ashworth

c. Fugl mayer

d. Yahr

Ref-Physical rehabilitation O.SULLIVAN page no 771-745

ans-c

38. Obers test is used in

a. IT BAND syndrome

b. Plica syndrome

c. Jumper's knee

d. all of above

Ref:- Essential of orthopedics and applied physiotherapy joshi & kotwal page 570

ans- a

39 First order lever is also known as

a. LEVER OF STABILITY

B. LEVER OF SPEED

C. LEVER OF EFFICIENCY

D. All of above

Ref:- Dena gardiner Page number 12

ans -a

40. The rotator cuff of the glenohumeral joint is formed by the tendons of

- a) Supra spinatus infraspinatus teres major & lattissimus dorsi
- b) Infraspinatus, Subscapularis, Latissimus dorsi & pectoralis major
- c) Teres minor, Subscapularis, Latisimus dorsi & Pectoralis major
- d) Teres minor, infraspinatus, supra spinatus, Subscapularis

Ref: Norkin biomechanics Page No.220

Ans- d

41. Buttonaire deformity is common in

- a. Osteoarthritis
- b. Ankulosing spondylitis
- c. Rheumatoid arthritis
- d. Carpal tunnel syndrome

Ref:- Therapeutic exercise Colby& kissner page no 595

ans c

42. Increase in angle of inclination is

- a. coxa valga
- b. coxa vara
- c. anteversion
- d. all of above

Ref:- Orthopedic physical examination David J Magee page no 685

Ans:- A

43. Enthesopathy occurs in

- a. Rheumatoid arthritis
- b. Ankylosing spondylitis
- c. SLE
- d. All of above

Ref:- p.p. mohanty physiotherapy secrets page no 74

ans b

44. Heart Rate In Children Is

- a. 100-110
- b. 80-100
- c. 11-120
- d. none of above

Ref:- P.P. Mohanty physiotherapy secrets page no 74

Ans:- a

45. Dopamine is Synthesized by

- A. Globus Pallidus
- B. Putamen
- C. Substantia Nigra
- D. Subthalmaic Nucleus

Ref: Text book of Neurology Glady Samuel Raj. *Page No. 99*

Ans- c

46. Rheumatoid arthritis is said positive if -----criteria is present

- a. 3

b.4

c.5

d all seven

Ref:- P.P. Mohanty physiotherapy secrets page no 74

Ans- b

47. Type of cerebral palsy is

a. Athetoid

b. Ataxic

c. Spastic

d. All of above

Ref:- sophie levitt page 11

Ans d

48. Clonus is a sign of _____

A. Lower motor neuron lesion

B. Upper motor neuron lesion

C. Peripheral nerve injury

D. All of the above.

Ref: (Glady Samuel Raj) Page No.220

Ans -b

49. Joint mobilisation is contraindicated in

a. Osteoporosis

b. Loose Body In Joint

c. Both Of Them

d. None Of Them

Ref: P.P. Mohanty physiotherapy secrets page no 11

Ans: c

50. TENS is a

- a) Low frequency type of current
- b) Micro current
- c) High frequency type of current
- d) Medium frequency type

Ref: Electrotherapy: Clayton's Page No.103

Ans: a

51. Removal of whole lung is called _____

- A. Thoracotomy
- B. Thoracoplasty
- C. Sleeve Resection
- D. Pneumonectomy

Ref: Text book of chest Physiotherapy P. K. Mitra. Page No.3

ans d

52. Jumper's knee is related to

- a. Patellar tendinitis
- b. TFL TENDINITIS
- c. Suprapatellar bursitis
- d. Infrapatellar bursitis

Ref: -Physical therapy examination review manual pg 103 1st edition

Ans: - a

53. Increase in torsion angle of femur is referred to as :

- a. Coxa Valga .
- b. Coxa Vara..
- c. Anteversion.
- d. Retroversion.

Ref: Kinesology Neuman/1st Ed Page No. 392

Ans:- c

54. WHIPLASH INJURY IS DUE TO

- a. fall from height
- b. hyper extension of spine
- c. blow on top of head
- d. none of them

Ref; physical therapy examination review manualpg 103 1 st edition

ans b

55. Which is water soluble vitamin

- a. vit a
- b. vit k
- c. vit c
- d. vit d

Ref:- Davidson medicine 20 edition page 123

Ans:- c

56. Good posture :

- a. Save Energy.
- b. Look aesthetically good .
- c. Prevent musculoskeletal complication.

d. all of the above.

Ref: [Norkin/3rd Ed.] Page No. 412

ans d

57. PUVA therapy is used for :

a Alopecia.

b Psoriasis.

c Pressure.

d Plantar warts.

Ref: Clayton/9th Ed. Page No. 152

Ans b

58. Scurvy is due to deficiency of

a. vit A

B. VIT C

c. niacin

d. vit d

Ref;- davidson medicine 20 edition page 125

ans b

59. Ely's test is done to check length of :

a ITB.

b Hamstring.

c Rectus femoris.

d. Hip abductors

Ref: Reider/4th Ed. Page No. 373

Ans:- C

60. Ankylosing spondylitis starts from

- a. elbow
- b. shoulder
- c. sacroiliac
- d. hip

Ref:- Ntrajan textbook of orthopedics and traumatology pageno 59 1 st edition

Ans:- c

61. Hyperextension of pip and hyperflexion of dip joint is

- a. swan neck deformity
- b. mallet finger
- c. buttonnaire deformity
- d. none of them

Ref- Natrajan textbook of orthopedics and traumatology pageno 611 st edition

ans c

61. Rheumatoid arthritis involves

- a. synovial fluid
- b. cartilage
- c. synovial membrane
- d. subchondral bone

Ref;- Ntrajan textbook of orthopedics and traumatology pageno 611 st edition

ans c

62. Laser promotes wound healing by

- a. Cell proliferation
- b. Increase in RNA production
- c. Increase in collagen formation

d All of the above

Ref: Electrotherapy: Clayton page No.442

Ans:- d

63.FRACTURE SHAFT OF HUMERUS IS ASSOCIATED WITH

a. axillary nerve injury

b. Median nerve

c. radial nerve injury

d. all of them

Ref:- P.P. Mohanty physiotherapy secrets page no 56

Ans:- c

64. Burst fracture is seen in

a. vertebra

b. femoral head

c. scaphoid

d. talus

Ref:- P.P. Mohanty physiotherapy secrets page no 52

Ans:- a

64. Formation of artificial anus in abdominal wall is called

a. ileostomy

b. colostomy

c. colonoscopy

d. none of them

ref:-Cash textbook of general surgery for physiotherapist page 108

Ans:- b

65. which one is used to release contracture band and revise scar

- a. cross leg flap
- b. z plasty
- c. rotation flap
- d. free flap

Ref:-Cash textbook of general surgery for physiotherapist page 108

Ans b

66. The alternating vasodilatation & vasoconstriction during the application of cold is :

- a Joules effect
- b Turners effect
- c Lewis hunting reaction
- d Hunters effect

Ref: Electrotherapy: Clayton Page No.200

Ans- c

67. What causes obesity

- a genetics
- b. poor eating habit
- c. lack of activities
- d. all of them

Ref:- Davidson medicine page 115

ans d

68. The role of gastrocnemius at knee is :

- a) Static Stabilizer
- b) Mobilizer for flexion
- c) Dynamic stabilizer

d) Synergistic for knee flexion

Ref: Norkin Page No.325

Ans-c

69.Wrist drop occurs due to

- a. radial nerve injury
- b. Ulnar nerve injury
- c. Median nerve injury
- d. all of them

Ref:- Neurology and Neurosurgery illustrated page 434

Ans:- a

70.Webers test is for

- a. 7 th cranial nerve
- b. 8th cranial nerve
- c. 9th cranial nerve
- d. 10 cranial nerve

Ref:- Neurology and Neurosurgery illustrated page 16

Ans- B

71. Motor area of speech is

- a. Broca area
- b. Wernicke's area
- c. Both of them
- d. none of them

Ref:- neurology and neurosurgery illustrated page 106,107

ans a

72. Athlete foot is known as

- a. tinea pedis
- b. tinea curis
- c. tinea capitis
- d. none of them

Ref:- Davidson medicine pg1279

Ans:- a

73. Respiratory excursion is highest in

- A. Supine Lying
- B. Sitting
- C. Standing
- D. Kneel Standing

Ref: Text Bone Chest Physiotherapy, P.K. Mitra Page No.35

Ans a

74. What is normal grading of reflex ?

- a. +
- b. ++
- c. +++
- d. -

Ref: (Glady Samuel Raj) Page No.07

Ans:- b

75. glenohumeral anterior glide improves

- a. extension
- b. flexion

c. extension and external rotation

d. all of above

ref - p.p. mohanty pg no 11

ans c

76. Dysdiadokokinesia means :

a) Difficulty in performing of rapid alternate moves.

b) Difficulty in any type of voluntary moves.

c) Difficulty in any type of involuntary moves

d) None of the above.

Ref: G. Samuel Raj Page No.07

Ans:- a

77. Empty end feel is suggestive of

a. Capsular restriction

b. Internal derangement

c. Extrarticular lesion

d. All of above

Ref:- Essential of orthopedics and applied physiotherapy J. Joshi & P.kotwal page 49

Ans- c

78. IN THR Surgery post op management initially which movement is avoided

a. Internal rotation & abduction

b. flexion

c. External rotation

d. Abduction

Ref:- Essential of orthopedics and applied physiotherapy J. Joshi & P. Kotwal page

209

Ans- a

79. Knee flexion in prone lying is an example of

- a. 1st order lever
- b. 2nd order lever
- c. 3rd order lever
- d. 4th order lever

Ref: Norkin/3rd Ed. Page No. 30

Ans:- c

80. Phalen's test is positive in

- a. Pronator Teres Syndrome
- b. Tarsal Tunnel Syndrome
- c. Carpal Tunnel Syndrome
- d. All of above

Ref:- Essential of orthopedics and applied physiotherapy joshi & kotwal page 265

Ans- C

81. Anterior pelvic tilt is due to

- a. Weak Abdominal
- b. Tight hip flexor
- c. Tight back extensor
- d. All of above

Ref:- Essential Of Orthopedics And Applied Physiotherapy Joshi & Kotwal Page 449

Ans- d

82. In spondylolisthesis which exercise is contraindicated

- a. Extension

- b. Flexion
- C. Both
- d. None Of Above

Ref:- Essential of orthopedics and applied physiotherapy J.Joshi &P. Kotwal page 449

ans- A

83 Gout commonly affects

- a. hip joint
- b. knee joint
- c. 1ST metatarsophalangeal joint
- d. all

Ref:- Essential of orthopedics and applied physiotherapyJ. Joshi & P.Kotwal page 449

Ans- c

84. Cobb's angle is the measurement of disability of

- a. Hip
- b. Knee
- c. Spinal Column
- d. Elbow

Ref:- Essential of orthopedics and applied physiotherapy J.Joshi & P.Kotwal page 449

Ans- c

85.Cervical spondylosis affects which parts of vertebra

- a. Inf articular facet
- b. Pars interarticularis
- c. Sup Articular Facet
- D, All Of Them

Ref:- PHYSIOTHERAPY SECRET P.P. Mohanty page 74

Ans:- a

86. Which is pacemaker of heart

- a. SA Node
- b. AV Node
- c. Purkinje fibre
- d. None of them

REF:- PHYSIOTHERAPY SECRET P.P. MOHANTY PAGE 74

ANS:- a

87. Green stick fracture is common in

- a. CHILDREN
- B. ADULTS
- C. ELDERLY
- D. ALL

Ref:- PHYSIOTHERAPY SECRET P.P. Mohanty page 51

Ans:- a

88. Myositis Ossificans is Commonly Seen In

- A. Biceps
- B. Brachioradialis
- C. Triceps
- D. All

Ref:- PHYSICAL THERAPY REVIEW manual page 94 1st ed

Ans:- a

89. VOLKMANN ISCHEMIC CONTRACTURE is seen in

- a. Barton fracture
- b. Colles fracture

c. Fracture shaft of humerus

d. Supracondylar fracture

Ref:- PHYSICAL THERAPY REVIEW manual page 94 1st ed

Ans:- a

90. Pool therapy temperature is

a. 40-45 degree

b. 34-37 degree

c. 25-28 degree

d. all of above

Ref:- Tidy's Physical Therapy page no 457

Ans:- b

91. Heliotherapy is treatment by

a) Natural sunlight

b) Russian current

c) Di dynamic current

d) Mud pack

Ref: Electrotherapy: Clayton Page No.35

Ans : a

92. Wavelength of MWD is

a. 25 cm

b. 12.5 cm

c. 37.5 cm

d. none of them

Ref:- Tidy's Physical Therapy page no 456

Ans: b

93. PUVA therapy is used for :

- a) Alopecia
- b) Psoriasis
- c) Pressure sores
- d) Plantar Warts

Ref: Electrotherapy: Clayton page No. 184

Ans -B

94. Abnormal dilation of bronchi is called

- a. Bronchitis
- b. Bronchiectasis
- c. Emphysema
- c. None of them

Ref:- Tidy's Physical Thrapy page no 464

Ans: b

95. Developmental defect of spinal cord when arches doesn't fuse is called

- a. SPINAL STENOSIS
- b. Spina Bifida
- c. Hydrocephalus
- d. syringomyelia

Ref:- Tidy's Physical Thrapy page no 366

Ans: B

96. Which is True About Chondromalacia Patellae

- a. Common In Female
- b. Age Group 16-30

c. Retropatellar pain

d. all of them

Ref:- Tidy's Physical Therapy page no 468

Ans d

97. Biceps Reflex Root Value is

a. C4-5

b. C5-6

c. C6-7

d. All Of Them

Ref-Orthopedic physical assessment David J Magee page 381

Ans: a

98. Trendelenberg Test Is Positive In

a. Glutes Medius Weakness

b. Hamstring Weakness

c. Quadriceps Weakness

d. Glutes Maximus Weakness.

Ref-Orthopedic physical assessment David J Magee page 642

Ans: a

99. Barlow's test is done in case of

a. CTEV

b. CDH

c. Limb length discrepancy

d. all of above

Ref-Orthopedic physical assessment David J Magee page 686

Ans: b

100. Transmission of heat due to convection primarily takes place in

- a) Solids
- b) Fluids
- c) Metals
- d) Atoms

Ref: Electrotherapy Clayton Page No.06

Ans: b