



Physiotherapy

Instructions / Note:

1. Answer all the questions. Each question carries one mark.
2. No negative marks for wrong answers.
3. Read each question carefully and answer in the OMR sheet provided for each question with only blue/ black pen to fill the circles in the OMR Sheet.
4. Return the question paper along with the OMR sheet.

Time: 90 Minutes

Venue: _____.

[35X1=35]

Part - B

1.The principle that the effects of exercise training are specific to those muscles involved in the activity is the :

- A. Overload Principle
- B. Recuperation Principle
- C. Specificity Principle
- D. Progression Principle

2.Biceps Brachi acts as a

- A. Flexor of Knee
- B. Extensor of Elbow
- C. Flexor of Elbow
- D. Extensor of Knee

3.Colle's Fracture occurs at

- A. Distal 1/3 rd of Radius.
- B. Proximal 1/3 rd of Radius
- C. Olecranon process of Ulna
- D. Distal 1/3 rd of Ulna

4.A physical therapist working in an outpatient orthopedic clinic. During the patients history the patient reports, " I tore 3 of my 4 rotator cuff muscles in the past". Which of the following muscles cannot be considered as possible being torn?

- A. Teres Minor
- B. Teres Major
- C. Supraspinatus
- D. Infraspinatus.



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5. The patient is instructed to abduct the arm to 90 degree, then the therapist applies gentle pressure. If the patient unable to hold the arm up at all or is unable to lower the arm slowly, rotator cuff damage is indicated. This is
- A. Drop Arm Test
 - B. Impingement Syndrome
 - C. Speed's Test
 - D. Apprehension (Crank) test
6. Special test for tennis elbow is known as
- A. Finklestein's Test
 - B. Cozen's Test
 - C. Drop Arm Test
 - D. Speeds Test
7. What is the advantage of using closed kinetic chain exercises during the early stages of an anterior cruciate ligament (ACL) rehabilitation program?
- A. Improved targeting of the vastus medialis
 - B. Decreased shear forces across the joint
 - C. Improved terminal stretch
 - D. Limited knee extensor synergist activity
8. The prehensile function of a myoelectric hand simulates which grip pattern?
- A. Three-jaw chuck
 - B. Lateral
 - C. Spherical
 - D. Power
9. Recording of the F wave is particularly helpful early in the course of
- A. cervical radiculopathy
 - B. acute inflammatory demyelinating polyradiculoneuropathy
 - C. diabetic peripheral polyneuropathy
 - D. critical illness polyneuropathy
10. A patient complains of knee pain after falling on her flexed knee. Physical examination shows a positive "sag sign." Which ligament is injured?
- A. Medial collateral
 - B. Lateral collateral
 - C. Anterior cruciate
 - D. Posterior cruciate



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11. In patient with VertebroBasilar Insufficiency which of the following is contra indicated

- A. Cervical collar
- B. Hot pack
- C. Manipulation
- D. Prolonged cervical traction

12. An absolute contraindication to exercise training in case of coronary patient is:

- A. resting diastolic b.p.> 100 nun Hg.
- B. compensated heart failure.
- C. hypotension.
- D. serious atrial or ventricular arrhythmias.

13. Short duration current has impulses less than

- A. 1ms
- B. 30 ms
- C. 10 ms
- D. 100 ms

14. Orthosis is a device not given to

- a) Support the part
- b) Stabilize the part
- c) Immobilize the part
- d) Replace the part

15. Disabilities that are direct consequences of a disease or condition is called

- a) Primary disability
- b) Secondary disability
- c) Functional disability
- d) Tertiary disability

16. Which provocative test evaluates both the hip and sacroiliac joints?

- A. Straight leg raise (or Lasègue)
- B. Patrick (or FABER)
- C. Trendelenburg
- D. Thomas, with resistance applied



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17. When prescribing cervical traction for a patient with a radiculopathy, in which position should the neck be placed?
- A. Full extension
 - B. Partial extension
 - C. Full flexion
 - D. Partial flexion
18. What is a contraindication for superficial heat?
- A. Joint replacement
 - B. Hematoma
 - C. Superficial thrombophlebitis
 - D. Sensory deficit
19. On needle electromyography, a normal, fully relaxed muscle typically shows
- A. small amplitude polyphasic motor units
 - B. positive sharp waves
 - C. electrical silence
 - D. fibrillation potentials
20. What is the most common cause of knee pain in runners?
- A. Diskoid meniscus
 - B. Hamstring tendinitis
 - C. Baker cyst
 - D. Patellofemoral pain syndrome
21. A 14-year-old boy presents with a three-month history of knee pain. The pain is most marked in the area of the tibial tubercles bilaterally and it increases with activity. Physical examination is unremarkable. What is the likely diagnosis?
- A. Patellar tendinitis
 - B. Osgood-Schlatter disease
 - C. Patellofemoral arthritis
 - D. Rheumatoid arthritis
22. One week after a patient began a resistance/strengthening program, you note a 15% increase in the force of their maximum voluntary contraction. This is most likely secondary to a change in the
- A. motor unit recruitment pattern
 - B. number of myofibrils
 - C. number of muscle fibers present
 - D. fiber density



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23. A 57-year-old man sustained a stroke one year ago. He now has good voluntary control of the affected arm, with elbow and shoulder strength at 4/5, wrist extension at 2+/5, finger extension at 2-/5, and fair grip. Tone is minimally increased throughout the arm and sensation is intact. What is the most effective means of improving his hand function?
- A. Restraining the unaffected hand during activities of daily living
 - B. Electromyographic biofeedback for the wrist extensors
 - C. Alternating hot and cold stimulation to the affected hand
 - D. Intensive training of the unaffected hand in one-handed techniques
24. A 42-year-old receptionist has a two-year history of severe radial wrist pain which is worse with pinching activities. Job modification, extensive physical therapy, and multiple cortisone shots have failed to provide much relief. What is the best recommendation?
- A. Wrist arthrodesis
 - B. Referral to a pain program
 - C. Wrist tendon lengthening surgery
 - D. Surgical decompression of the first extensor compartment.
25. Spasticity results in lesion of
- A. Cerebellar cortex
 - B. Middle motor Neuron lesion
 - C. Upper motor Neuron lesion
 - D. lower motor Neuron lesion
26. Gutter Crutch Otherwise Known as
- A. Support crutch
 - B. Weight bearing crutch
 - C. Arthritic crutch
 - D. Elbow crutch
27. In genu valgum, the medial aspect of the knee complex is subjected to
- A. compressive stresses
 - B. tensile stresses
 - C. shear stress
 - D. bending stress
28. The neurodevelopmental training technique in stroke management
- A. facilitates tone on the spastic hemiplegic side
 - B. uses a cuff shoulder sling
 - C. requires restricting voluntary movement of the unaffected extremity
 - D. attempts to inhibit tone in the spastic hemiplegic extremity



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29. An example of closed kinetic chain exercise for the quadriceps is
- A. a partial squat
 - B. an isometric quadriceps set
 - C. knee extension on a stacked-weight machine
 - D. knee extension on an isokinetic machine (eg, Cybex)
30. The condition of the nerve where there is complete anatomical section is known as
- A. Neuropraxia
 - B. Axonotmesis
 - C. Neurotmesis
 - D. Nerve excision
31. While teaching diaphragmatic breathing exercises, diaphragmatic ascent is facilitated by instructing the patient to:
- A. incorporate an inspiratory hold for 10 secs.
 - B. protract the abdomen gradually during exhalation.
 - C. retract the abdomen gradually during exhalation.
 - D. protract the abdomen suddenly during exhalation.
32. Disadvantage of SD curve
- A. Does not show the site of lesion
 - B. Does not show the progression of lesion
 - C. Does not show the proportion of lesion
 - D. Does not show the partial innervation
33. Ballistic type of stretching is
- A. duration & intensity is more
 - B. duration less intensity more
 - C. duration and intensity is less
 - D. duration more intensity less
34. The primary means of heat transfer with the use of hydrotherapy is
- A. conduction
 - B. convection
 - C. conversion
 - D. radiation
35. The splint for claw hand deformity is \
- A. Cock up splint
 - B. Knuckle bender
 - C. Pan Cake
 - D. Short opponens

