



SREE CHITRA TIRUNAL INSTITUTE FOR MEDICAL SCIENCES & TECHNOLOGY  
THIRUVANANTHAPURAM—695 011, INDIA.

(An Institute of National Importance under Govt. of India)

Phone—(91)0471—2443152 Fax—(91)0471—2446433, 2550728

Email-sct@sctimst.ac.in Web site—www.sctimst.ac.in

ROLL NUMBER

**WRITTEN TEST FOR THE POST OF PHYSIOTHERAPIST – A**

DATE : 08/03/2017

TIME : 09.30 AM

DURATION : 60 MINUTES

TOTAL MARKS : 60

**INSTRUCTIONS TO THE CANDIDATE**

1. Write your Roll Number on the top of the Question Booklet and in the OMR sheet.
2. Each question carries 1 mark.
3. There will not be any Negative Marking.
4. Darken only the bubble corresponding to the most appropriate answer.
5. Marking more than one answer will invalidate the answer.
6. Candidate should sign in the question paper and OMR sheet.
7. Candidate should hand over the question paper and OMR sheet to the invigilator before leaving the examination hall.

**Signature of the Candidate**

## WRITTEN TEST FOR THE POST OF PHYSIOTHERAPIST – A

1. What is the name of the muscle group in the front of the thigh?  
A. Quadratus Femoris                      C. Biceps Femoris  
B. Quadriceps Femoris                      D. Biceps Brachii
2. What is the muscle group in the back of the thigh?  
A. Hamstrings                                  C. Gastrocnemius and soleus  
B. Adductors                                    D. Gluteus maximus and medius
3. What is the muscle group located in front of the chest?  
A. Pectorals                                    C. Serratus anterior  
B. Deltoid                                        D. Latissimus dorsi
4. Tendocalcaneus is mainly the combined tendon of:  
A. Gastrocnemius and tibialis anterior      C. Tibialis posterior and soleus  
B. Soleus and tibialis anterior                D. Gastrocnemius and soleus
5. If you are being told that a patient has injury to the suprascapular nerve what shoulder function will be impaired?  
A. Flexion                                        C. Initial abduction and external rotation  
B. Initial abduction and Internal rotation      D. Internal and external rotation
6. Which equipment is helpful in improving rotations of shoulder  
A. Shoulder abduction ladder                  C. Elastic resistance bands  
B. Shoulder wheel                                D. Supinator machine
7. Which is the orthosis used after arthroscopic surgery of knee?  
A. Ankle foot orthosis                          C. Motion adjustable brace  
B. Posterior knee guard                         D. Anterior knee guard
8. Which of the following removable appliance is suitable to support the entire upper limb?  
A. Broad arm sling                                C. Cuff and collar sling  
B. Cock up splint                                 D. POP shoulder spica
9. Which of the following is most suitable for strengthening exercises of upper as well as lower limbs?  
A. Swiss ball                                      C. Weight cuffs  
B. Dumbbells                                        D. Medicine balls
10. Which equipment is used to strengthen core muscles?  
A. Punch bag                                        C. Suspension frame with springs and slings  
B. Tread mill                                        D. Gym / swiss ball
11. Which of the following is used to measure range of movements of joints?  
A. Perimeter                                        C. Measuring tape  
B. Goniometer                                        D. Spirometer
12. Which of this is an exercise for the knee?  
A. Biceps curl                                        C. Pelvic tilt  
B. Straight leg raise                                D. Rolling on the mat
13. Instructing to walk on heel will reveal the strength of :  
A. Plantar flexors of ankle                        C. Extensors of toes  
B. Dorsiflexors of ankle                         D. Peroneus longus and brevis
14. Non weight bearing exercises for hips can be carried out by :  
A. Crutch walking                                 C. Walking with walker  
B. Suspension sling exercises                  D. Walking with quadscaner

**WRITTEN TEST FOR THE POST OF PHYSIOTHERAPIST – A**

15. Hip flexors can be better stretched in :
- A. Supine position
  - B. Standing position
  - C. Side lying position
  - D. Sitting position
16. Stretching of heel cord has to be best attempted with patient in :
- A. Prone position with knee bent
  - B. Supine position with knee extended
  - C. Sitting position leg hanging down
  - D. Supine holding above ankle
17. What physical modality is best immediately after ankle sprain?
- A. Application of ice
  - B. Application of UST
  - C. Application TENS
  - D. Application of moist heat
18. In tennis elbow tenderness is observed over :
- A. Lateral epicondyle
  - B. Medial epicondyle
  - C. Olecranon process
  - D. In front of elbow
19. Commonest cause of back pain in women of child bearing age is due to :
- A. Musculo skeletal injuries
  - B. Trauma due to child birth
  - C. Gynaecological diseases
  - D. Hormonal causes
20. Injuries to muscles are known as :
- A. Sprains
  - B. Strains
  - C. Lacerations
  - D. Abrasions
21. Which of the following is necessary to prevent injuries during athletic competitions?
- A. Warm up
  - B. Food intake half an hour before the event
  - C. Strenuous practice on the previous day
  - D. Rest for one week
22. Which of the following is a common foot- ball injury?
- A. Slipped disc
  - B. Rotator cuff injury
  - C. Hamstring strain
  - D. Dislocation of knee
23. Which of this is a common injury in racket sports?
- A. Tennis elbow
  - B. Golfer's elbow
  - C. Inguinal hernia
  - D. Fracture of toes
24. In boutonniere deformity the proximal inter phalangeal joint is in :
- A. Extension and the distal phalangeal joint in hyper flexion
  - B. Extension and the distal phalangeal joint in hyper extension
  - C. Flexion and the distal phalangeal joint in hyper flexion
  - D. Flexion and the distal phalangeal joint in hyper extension
25. Which clinical disorder is most likely to produce detrusor hyper reflexia?
- A. Poliomyelitis
  - B. Multiple sclerosis
  - C. Tabes dorsalis
  - D. Muscular dystrophy
26. Which nerve is most commonly injured with anterior dislocation of shoulder?
- A. Axillary
  - B. Radial
  - C. Long thoracic
  - D. Thoraco dorsal
27. When subjecting a patient with cervical radicular pain for traction, in which position should the neck be placed?
- A. Full extension
  - B. Partial extension
  - C. Full flexion
  - D. Partial flexion
28. Mallet finger deformity results from rupture of :
- A. Extensor tendon insertion
  - B. Profundus tendon
  - C. Extensor indicis muscle
  - D. Distal collateral ligaments

**WRITTEN TEST FOR THE POST OF PHYSIOTHERAPIST – A**

29. Which exercise has the greatest effect on bone formation :
- A. Weight lifting
  - B. Cycling
  - C. Swimming
  - D. Tai chi stretching
30. What is the mechanism of heating with hot packs?
- A. Conduction
  - B. Convection
  - C. Conversion
  - D. Radiation
31. What is the most common cause of knee pain in runners?
- A. Discoid meniscus
  - B. Hamstring tendinitis
  - C. Baker cyst
  - D. Patello femoral pain syndrome
32. A patient with osteoarthritis presents with pain in the carpo metacarpal joint of thumb. What is the most appropriate splint?
- A. Cock up splint
  - B. Dynamic cock up splint
  - C. Thumb spica
  - D. Dynamic splint with finger extensor assistance
33. Which is the most common site of spinal cord injury in elderly patient?
- A. Cervical
  - B. Upper thoracic
  - C. Lower thoracic
  - D. Lumbosacral
34. What is the most common site of osseous metastasis?
- A. Ribs
  - B. Pelvis
  - C. Long bones
  - D. Spine
35. The primary means of heat transfer with the use of hydrotherapy is
- A. Conduction
  - B. Convection
  - C. Conversion
  - D. Radiation
36. Ultra sound can be used to treat :
- A. Acute burns
  - B. Osteomyelitis
  - C. Soft tissue injuries
  - D. Open fractures
37. Continuous passive motion apparatus is used to :
- A. Increase range of motion
  - B. Maintain range of motion
  - C. Strengthen knee muscles
  - D. To reduce pain
38. Interferential current therapy is **not used** for :
- A. Muscle stimulation
  - B. Pain relief
  - C. Muscle re education
  - D. Wound healing
39. Biceps brachii acts as a :
- A. Flexor of the knee
  - B. Extensor of the elbow
  - C. Supinator of forearm
  - D. Extensor of the elbow
40. Colle's fracture occurs at :
- A. Distal part of radius
  - B. Proximal part of radius
  - C. Olecranon process of ulna
  - D. Distal third of ulna
41. In spastic diplegia which of the following statement is correct?
- A. All four limbs are equally spastic
  - B. Only both upper limbs are predominantly spastic
  - C. One upper limb and opposite lower limb only are spastic
  - D. All limbs may be spastic, but lower limbs predominantly spastic
42. In cauda equina lesion which of the following statement is correct?
- A. Upper limbs hypertonic and lower limbs flaccid
  - B. Lower limbs hypertonic and upper limbs flaccid
  - C. Upper limbs normotonic and lower limbs flaccid
  - D. Both upper and lower limbs hypertonic

**WRITTEN TEST FOR THE POST OF PHYSIOTHERAPIST – A**

43. The first inter vertebral disc is between :
- A. Between the first and second cervical vertebrae
  - B. Between the fifth and sixth cervical vertebrae
  - C. Between atlas and axis
  - D. Between the second and third cervical vertebrae
44. In a spinal injury patient with paraplegia which of the following orthosis will prevent buckling of knees?
- A. Moulded ankle foot orthosis (AFO)
  - B. Moulded AFO with spring loaded ankle joints
  - C. Knee ankle foot orthosis (KAFO) with drop locks for knee
  - D. Taylor's brace
45. The neuro developmental 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 extremities
  - D. Attempts to inhibit tone on the spastic hemiplegic extremity
46. Which treatment is most appropriate for acute traumatic trochanteric bursitis?
- A. Ultrasound
  - B. Hot packs
  - C. IFT
  - D. Ice packs
47. Knuckle bender splint is used in :
- A. Median nerve palsy
  - B. Radial nerve palsy
  - C. Ulnar nerve palsy
  - D. Musculocutaneous nerve palsy
48. When a patient uses axillary crutches, hand grip is provided at the level of ulnar styloid process with elbow kept at :
- A. 60 to 90 degrees flexion
  - B. 15 to 20 degrees flexion
  - C. Elbow kept straight
  - D. No specific rules
49. Most of the commercial machines for SWD uses a Radio wave length of approximately:
- A. 11 metres
  - B. 1.5 metres
  - C. 5 centimetres
  - D. 2450 metres
50. Microwave diathermy for physiotherapy is operated at a frequency of :
- A. 1 to 3 MHz
  - B. 300 MHz
  - C. 300 GHz
  - D. 2450 MHz
51. Therapeutic ultrasound in physical therapy is alternating compression and rarefaction of sound waves with a frequency of :
- A. 1 to 3 MHz
  - B. 1 to 4.7 GZs
  - C. 2.5 to 5 HZs
  - D. 0.9 to 11 HZs
52. The following statements are true about TENS **except** :
- A. TENS is a small and light weight device that goes off and on from 1 to 150 times per second
  - B. TENS is used to relieve pain
  - C. TENS machine can be used even if the patient goes into sleep
  - D. TENS machine is useful for motor re education

**WRITTEN TEST FOR THE POST OF PHYSIOTHERAPIST – A**

53. The following statements are true about IFT **except** :
- A. IFT uses two medium frequency circuits of slightly different frequencies
  - B. IFT is mainly used for managing deep pain without causing disturbances superficially
  - C. IFT is always safe with cardiac pacemakers
  - D. IFT has more carry over time than TENS
54. Traction is contra indicated in :
- A. Nerve root compression
  - B. Inter vertebral disc herniation that responds with decreased pain to manual traction
  - C. Spondylosis and spinal stenosis
  - D. Active inflammatory arthritis
55. Ultra sound diathermy is to be avoided in :
- A. Soft tissue lesions like muscle strains and tendinopathy
  - B. Areas of swelling
  - C. Patients with reduced sensation to pain and heat
  - D. Pregnant women even in areas like ankles
56. The following statements are true about cryotherapy **except** :
- A. Contra indicated in advanced cardio vascular diseases
  - B. Cannot be used in local areas of impaired circulation
  - C. Can be used in very large areas like bilateral lower limbs
  - D. Should not be used in conditions like cryoglobulinemia and diseases like Reynaud's disease
57. Laser therapy may be withheld in conditions **except** :
- A. In patients with history of epilepsy
  - B. In areas near gonads
  - C. In conditions like enthesitis or tendinopathy
  - D. Increased sensitivity to light
58. Measurement of axillary crutches with patient in supine position is to be made from the apex of the axilla till the lower margin of medial malleolus. The hand grip is to be placed from a point 5 cms below the apex of the axilla to the ulnar styloid process
- A. With the elbow flexed in 15 degrees
  - B. With the elbow at 90 degrees flexion
  - C. With the elbow fully extended
  - D. With the elbow not less than 60 degrees flexed
59. The warning signs of stroke are the following **except** :
- A. Sudden onset of numbness in the face, arm or legs
  - B. Sudden confusion or trouble to speak or understand speech
  - C. Sudden vision problems in one or both eyes
  - D. Sudden pain in the chest and neck
60. The following statements are true about Frenkel's exercises except :
- A. A set of exercises to treat ataxia
  - B. A set of slow repetitive exercises developed by Dr. Heinrich Frenkel
  - C. The technique is simple and needs no exercise equipment
  - D. The results can be achieved in a week

**PHYSIOTHERAPIST- A**  
**ANSWER KEY (08/03/2017)**

1	B	21	A	41	D
2	A	22	C	42	C
3	A	23	A	43	D
4	D	24	D	44	C
5	C	25	B	45	D
6	C	26	A	46	D
7	C	27	D	47	C
8	A	28	A	48	B
9	C	29	A	49	A
10	D	30	A	50	D
11	B	31	D	51	A
12	B	32	C	52	D
13	B	33	A	53	C
14	B	34	D	54	D
15	C	35	B	55	C
16	B	36	C	56	C
17	A	37	A	57	C
18	A	38	D	58	A
19	A	39	C	59	D
20	B	40	A	60	D