

WRITTEN TEST FOR MFCP OF PHYSIOTHERAPIST A TO B

- ✕ 1. In the presence of a metallic implant, which modality is likely to cause a tissue injury?
 - A. Short wave diathermy
 - B. Ultrasound therapy
 - C. Neuromuscular stimulation
 - D. Interferential therapy
- ✕ 2. Which of the physiologic effect can be expected in ultrasound treatment?
 - A. Occurrence of pain is due to vacuolation in deep tissues
 - B. Can cause cracks in osteoporotic bones
 - C. Promotes healing by acceleration of blood flow
 - D. Energy absorption is efficient in connective tissue, collagen and scar tissue
3. In a patient with long duration muscle pains diagnosed as fibromyalgia, which is the best treatment option?
 - A. Soft LASER to painful areas
 - B. Aerobic exercises
 - C. ADL activities
 - D. IFT over painful areas
4. How does Tilt tabling help in treatment in physiotherapy?
 - A. Helps in mobilizing a patient in coma
 - B. Helps in better respiratory control
 - C. Helps in better postural control
 - D. Helps to improve disorientation
5. The best use of FES (functional electrical stimulation) is in:
 - A. Wrist dorsiflexion in spastic upper limb
 - B. Foot dorsiflexion in cauda equina syndrome
 - C. Shoulder subluxation in GBS
 - D. Recovering wrist drop
6. Which treatment gives best result in carpal tunnel syndrome?
 - A. Ultrasound therapy to wrist
 - B. Stroking massage to ventral aspect of wrist
 - C. Use of Wrist splint
 - D. LASER therapy
7. Which of the following is true of Bell's palsy?
 - ✕ A. Regular faradic stimulation gives improvement in most cases
 - B. NMES gives good results in patients who do not show early improvement
 - C. FES for mouth and cheek function is very effective
 - D. Re-education and exercises are effective
8. What is unique about Interferential therapy?
 - A. High frequency stimulation with medium frequency effects
 - B. Medium frequency stimulation with low frequency effect
 - C. Low frequency stimulation with low frequency effect
 - D. High frequency stimulation with low frequency effect
9. If a person using axillary crutches reports with weakness, the most important muscle to be tested is:
 - A. Triceps
 - B. Deltoid
 - C. Pectoralis
 - D. Rotators
- + 10. Gait difficulty in a patient in ICU for 48 hours could be due to:
 - A. Lateral popliteal nerve palsy
 - B. Tibial nerve palsy
 - C. Stiffness of ankle or tendo Achilles
 - D. Postural hypotension

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11. Which of the following denotes Cardiac output?
 - A. Blood pumped by each ventricle in one minute
 - B. Blood pumped by both ventricles in a beat
 - C. Blood pumped by each ventricle per beat
 - D. Blood pumped by each atrium and ventricle per minute
12. The characteristic of broncho-pulmonary segments is:
 - A. Conical in shape and is directed to the apex of lung
 - B. Has its own bronchus but shares artery and vein with other segments
 - C. Is pyramidal and has its own bronchus and artery
 - D. Has its own shape but shares vascular, lymphatic and respiratory connection with others
13. A 60-year old woman undergoing chest physiotherapy and postural drainage gets an acute pain in the infra-axillary area, increasing with inspiration. What is the likely problem?
 - A. Acute strain in intercostals muscles
 - B. Pneumothorax
 - C. Fracture rib
 - D. Pleuritis
14. The level of diaphragm is:
 - A. The 10th rib anteriorly and 10th rib posteriorly
 - B. The 8th rib anteriorly and 10th rib posteriorly
 - C. The 8th rib anteriorly and 8th rib posteriorly
 - D. The 6th rib anteriorly and 10th rib posteriorly
15. Which of the following can act during exhalation/expiration?
 - ✓ A. Rectus abdominis
 - B. Rectus abdominis and oblique abdominal muscles
 - C. Transversus abdominis muscle
 - D. Transversus and external oblique muscles
- ✓ 16. What is the clinical significance of partial pressures?
 - A. It is the product of pressure in the blood vessel and the number of gases present
 - B. Roughly, it denotes how much a particular gas is present in blood
 - C. It denotes the force with which a gas can act in blood
 - D. It is an approximate measure of metabolic availability of a gas in blood
17. What increases the respiratory rate?
 - A. Increased oxygen and decreased carbon dioxide levels
 - B. Increased oxygen levels
 - ✖ C. Increased carbon dioxide levels
 - D. Unrelated to oxygen and carbon dioxide levels
18. In a typical ECG, one of the following is true:
 - A. The QRS represents atrial repolarization
 - B. The QRS represents atrial depolarization
 - C. The QRS represents ventricular repolarization
 - D. The QRS occurs due to ventricular depolarization
19. Which of the following is true of coronary artery disease?
 - ✖ A. A plaque is made up of LDL, platelets and fibrin
 - B. A plaque results in compensatory collateral circulation
 - C. If coronary artery is blocked, the SA node activity slows down
 - D. A plaque is made up of fat, cholesterol, calcium and other substances in blood
20. The uses of elbow crutch would include which of the following?
 - ✓ A. Helps in controlling gait dysfunction in Parkinson's disease
 - B. Helps in compensating weakness of abductors of contralateral side
 - C. Helps in compensating weakness of both hip abductors
 - D. Helps in controlling quadriceps weakness and/ or recurvatum

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21. Which of the following is true with Borg rating of perceived exertion scale in cardiac rehab?
- A. Since it is a self reported level of exertion, it cannot be physiologically useful
 - B. The level reported by the patient generally indicates the heart rate
 - C. The patient reported level has no clinical value, because patients are on medications
 - D. The patient reported level closely follow cardiac output
22. Endurance type exercise training in cardiac rehab affects:
- A. Favourably influences VO_2
 - B. Negatively on autonomic function
 - C. No effect on peripheral vascular function
 - D. No effect on long term outcome
23. The impact of exercise based cardiac rehabilitation is:
- A. Has short term benefits, but on the long term, increases mortality
 - B. Lowers mortality rates on the long term
 - C. Repeat hospitalization is higher in patients on exercise
 - D. No significant role is seen in two year studies
24. Strength training in cardiac rehabilitation:
- A. Is risky, as VO_2 increases even to minor resistance exercises
 - B. Can cause sudden collapse in patients in recovery stage
 - C. Improves physical function and reduces disability
 - D. Patients report more exertion and fatigue
25. Which of the following is true of Cardiac rehab?
- A. Improves depression in patients
 - B. Decreases need for medications
 - C. Risky in patients on cardiac devices
 - D. Risky in patients with cardiac failure
26. Which of the following is true in exercise prescription in cardiac rehab?
- A. Borg perceived exertion level to be maintained around 16 – 17
 - B. Exercise quantity is around 3 – 6 MET -h/week initially
 - C. Start only with 75 – 80% of maximal heart rates
 - D. Initially patients should be continuously monitored for a week
27. Patient selection for cardiac rehab includes:
- A. Include patients in functional class II, III and IV
 - B. Include patients with one week of clinical stability after a hospitalization
 - C. Include patients with one month of clinical stability after a hospitalization
 - D. Include any patient at least two weeks after discharge, irrespective of class
28. The best goal of cardiac rehab includes:
- A. Improve physical activity while patient follows his/her own lifestyles
 - B. Focus on lifestyle, rather than physical activity
 - C. Reduce chances of mortality
 - D. Improve strength and lower risks of more issues
29. In posterior interosseous nerve palsy, the following feature is seen:
- A. Grip becomes weaker
 - B. Wrist palmar flexion and dorsiflexion are weak
 - C. Wrist dorsiflexion and finger extension are absent
 - D. Active wrist dorsiflexion is possible
30. What is true in sexual function after myocardial infarction?
- A. Patients should be advised of risks in sexual activity for six months
 - B. Sudden deaths have occurred soon after sexual activity
 - C. Death is practically unrelated to sexual activity
 - D. Safety of sex after myocardial infarction is not established

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31. During rehabilitation in Multiple Sclerosis, which of the following is true?
- A. Exercises progressively reduce fatigue
 - B. When intolerance to heat occurs, it can affect rehab
 - C. All patients need a modality for pain control
 - D. ES can reduce muscle cramps
32. Gait difficulty in Parkinson's disease includes ALL of the following EXCEPT
- A. Freezing does not occur while walking in familiar surroundings
 - B. Walking quality decreases when attention is drawn away from walking
 - C. Gait speed is affected, and freezing occurs while walking
 - D. Even minor architectural obstacles worsen gait
33. Physiotherapy in Parkinson's disease is effective because:
- A. Exercise and movement strategies improve mobility
 - B. Exercises enhance effects of medication
 - C. Exercises improve muscle strength
 - D. Physiotherapy slows down disease progression
34. In CIDP, the physiotherapy plan will include all of these EXCEPT:
- A. Strengthening exercises will improve muscle force in weaker muscles
 - B. Simple aerobic exercises have no value in recovery
 - C. Before scaling up resistance exercises, a muscle should have reached grade 3
 - D. Orthotic support should be given early
35. What is true regarding Vibration in chest physiotherapy?
- A. Vibration is applied during inspiration phase
 - B. Pressure is applied in the opposite direction as chest movement
 - C. Vibration is applied during expiration phase
 - D. Manual vibration is more effective than mechanical vibration
36. Present level of evidence for Virtual Reality training in stroke is:
- A. Present evidence suggests that conventional physiotherapy works better
 - B. Since patients perform activities themselves, motor deficits soon discourage them
 - C. In immersive VR system, patients are unable to concentrate for sufficient time
 - D. Evidence that VR is useful in stroke is emerging
37. In a dynamic wrist hand orthosis for radial nerve palsy, which of the following is true?
- A. Active finger extension; assisted flexion
 - B. Active finger flexion; assisted extension
 - C. Both flexion and extension of fingers assisted
 - D. Both flexion and extension of fingers active
38. An adolescent with 30° scoliosis is likely to benefit from:
- A. Spinal orthosis
 - B. Posture correction exercises
 - C. Exercises and electrical stimulation
 - D. Scoliosis surgery
39. What is true of osteoporosis?
- A. Weight bearing exercises reverse osteoporosis
 - B. Generalised muscle pain is a common feature
 - C. Neuropathies can occur frequently
 - D. Can get fractures easily, even with minor strains
40. Which of the following is true of Constraint Induced movement Therapy in stroke?
- A. Patients with non-functional hand shows moderate improvement in 6 weeks
 - B. Can be tried in most of the stroke survivors
 - C. Can benefit only those who have some residual wrist and hand function
 - D. Needs to be tried within a year of stroke incidence

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41. Within physiotherapy practice, what does confidentiality mean?
- A. Discussion with the patient and care-giver about therapy is not essential
 - B. Discuss with the care-giver only those details available in the patient file
 - C. Discuss patient's details with the immediate care-giver
 - D. Discuss only therapy aspects with the patient or the immediate care-giver
42. The nerve most likely to be involved in supra condylar fracture is:
- A. Median nerve
 - B. Ulnar nerve
 - C. Musculocutaneous nerve
 - D. Both median and ulnar nerves
43. The muscles forming the rotator cuff of shoulder include:
- A. Supraspinatus, infraspinatus and teres major
 - B. Supraspinatus, long head of biceps, and infraspinatus
 - C. Infraspinatus, teres minor and subscapularis
 - D. Teres major, subscapularis and long head of biceps
44. Physiotherapy for spondylolisthesis should ideally include:
- A. Strengthening of paraspinal muscles, pelvic and hip exercises
 - B. Core muscle strengthening and abdominal exercises
 - C. Spinal exercises and hamstring stretching
 - D. Spinal flexion exercises, isometrics and gluteal sets
45. Which of the following is part of Activities of Daily Living (ADL)?
- A. Food preparation and Eating
 - B. Housekeeping and Transfers
 - C. Bathing and Continence
 - D. Handling money and Shopping
46. One of the objectives of Proprioceptive Neuromuscular Facilitation is:
- A. Stimulating the brain to learn new techniques of motion after injury
 - B. Using synergistic and anti synergistic patterns to overcome paralysis
 - C. Discovering energy saving motions to compensate for weak or painful patterns
 - D. Employing diagonal contract-relax stretching patterns to improve movement
47. A child with spastic cerebral palsy who walks with flexion at hip, knee and ankle would need:
- A. AFO
 - B. KAFO
 - C. HKAFO
 - D. HKAFO with pelvic band
48. The NDT (Neuro Developmental Therapy) approach relates to:
- A. Inhibiting abnormal movement patterns and superimposing normal patterns on abnormal movement patterns
 - B. Inhibiting abnormal patterns by casting and facilitating tonic reflex patterns
 - C. Facilitating asymmetric tonic neck reflexes in quadruped standing and motion
 - D. Facilitating mass movements and reflex patterns and limiting proximal motion
49. When deciding on a wheelchair which of the following statements is true?
- A. The centre of the shoulder joint should be two inches ahead of the hub of the rear wheel and the finger should reach midway between the tyre and hub
 - B. The centre of the shoulder joint should be above the hub of the rear wheel and the finger should reach the hub
 - C. The centre of the shoulder joint must be well behind the hub of the rear wheel and fingers should reach beyond the tyre
 - D. The centre of the shoulder joint must be two inches in front or back of the hub and fingers must reach beyond the rear wheel
50. What are the features of Broca's aphasia after stroke?
- A. Inability to understand speech, inability to produce meaningful speech
 - B. Ability to understand speech and ability to repeat what is spoken to
 - C. Ability to produce meaningless words, inability to understand or recall
 - D. Inability to produce meaningful speech, ability to understand speech

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ANSWER KEY

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