



SREE CHITRA TIRUNAL INSTITUTE FOR MEDICAL SCIENCES & TECHNOLOGY

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ROLL NUMBER

WRITTEN TEST FOR THE POST OF PHYSIOTHERAPIST – A To B

DATE: 19/03/2024

TIME: 9.30 to 10.30 AM

DURATION: 60 MINUTES

Total Marks: 50

INSTRUCTIONS TO THE CANDIDATES

1. Write your Roll Number on the top of the Question Booklet and in the answer sheet.
2. Each question carries 1 mark.
3. There will not be any Negative Marking.
4. Write legibly the alphabet of the most appropriate answer (A, B, C or D) in the separate answer sheet provided.
5. Over-writing is not permitted.
6. Candidate should sign in the question paper and answer sheet.
7. No clarifications will be given.
8. Candidate should hand over the answer sheet to the invigilator before leaving the examination hall.

Signature of the Candidate

Kan
19/3/24

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- 1-

12. Distance in a specific material that reduces the intensity of the ultrasonic beam to half of its original value is called:
- a) Half value thickness
 - b) Half life
 - c) Penetration distance
 - d) Attenuation coefficient
13. Shortwave diathermy is a _____ physical modality.
- a) Superficial heating
 - b) Deep heating
 - c) Electrical
 - d) Magnetic
14. Technique of using the charges of ions and particles to drive them across tissues and membranes under the influence of an imposed electrical field is called
- a) Phonophoresis
 - b) Electrophoresis
 - c) Iontophoresis
 - d) Chromatography
15. Interferential current therapy uses currents of which frequency?
- a) Very low
 - b) Low
 - c) Medium
 - d) High
16. _____ is also known as tapping massage.
- a) Petrissage
 - b) Tapotement
 - c) Effluage
 - d) Friction massage
17. _____ is a technique used to stretch soft tissues and to separate joint surfaces or bone fragments by use of a pulling force:
- a) Massage
 - b) Manipulation
 - c) Friction
 - d) Traction
18. Which of the following is not usually a component of exercise prescription?
- a) Mode
 - b) Location
 - c) Intensity
 - d) Duration
19. Computer-generated simulation of a three-dimensional environment that can be interacted with in a seemingly real or physical way by a person using special electronic equipment is referred to as :
- a) Mirror therapy
 - b) Artificial intelligence
 - c) Exoskeletal system
 - d) Virtual reality
20. Technique of making unconscious or involuntary bodily processes perceptible to the senses with the hope to manipulate them by conscious mental control is called:
- a) Biofeedback
 - b) Plyometrics
 - c) Mental imagery
 - d) Manipulation
21. The amount of blood ejected from the left ventricle in a single beat is called -
- a) Tidal volume
 - b) Stroke volume
 - c) Cardiac output
 - d) Blood pressure
22. 1 Metabolic Equivalent in an adult person is approximately
- a) 3.5 mL/kg/min
 - b) 10 mL/kg/min
 - c) 3.5 L/kg/min
 - d) 15 mL/kg/min

23. Karvonen method to calculate exercise intensity is also known as -
 a) Respiratory rate reserve method c) Heart rate reserve method
 b) Borg method d) Maximum heart rate method
24. Most important phase of the cardiac rehabilitation program is -
 a) Acute phase c) Training phase
 b) Inpatient rehabilitation phase d) Maintenance phase
25. In the Medical Research Council Dyspnea scale a person who stops for breath after walking about 100 m or after a few minutes on the level ground is assigned grade ____
 a) 2 c) 4
 b) 3 d) 5
26. In type 2 respiratory failure which of the following is seen?
 a) PaO₂ less than 60 mmHg and PaCO₂ normal or below 50 mmHg
 b) PaO₂ less than 60 mmHg and PaCO₂ raised above 50 mmHg
 c) PaO₂ more than 60 mmHg and PaCO₂ normal or below 50 mmHg
 d) PaO₂ more than 60 mmHg and PaCO₂ raised above 50 mmHg
27. Hands on chest physical therapy includes the following, **Except** -
 a) Tapping c) Vibration
 b) Cupping d) Autogenic drainage
28. In the New York Heart Association functional classification of heart failure a person with slight limitation of physical activity who is comfortable at rest, but in whom ordinary physical activity results in fatigue, palpitation or dyspnoea is assigned as _____ ?
 a) Class I c) Class III
 b) Class II d) Class IV
29. Respiratory devices that aid secretion clearance include all **Except** -
 a) Air stacking c) Flutter
 b) Acapella d) Lung flute
30. Which is not an expected cardiac change as a result of aerobic exercise training?
 a) Increased stroke volume
 b) Increased left ventricular mass
 c) Decreased left ventricular mass
 d) Decreased total peripheral resistance during maximal exercise.
31. Modified Ashworth Scale is used to grade -
 a) Rigidity c) Muscle power
 b) Spasticity d) Sensory impairment
32. Rhythmic initiation, alternating isometrics, reversal of antagonists are methods used in:
 a) Brunstorm technique
 b) Bobath NDT (neuro-developmental treatment)
 c) PNF (proprioceptive neuromuscular facilitation)
 d) Alexander's technique

33. A stroke patient with moderate disability; requiring some help but able to walk without assistance will be given what score as per Modified Rankin Scale?
- a) 2
 - b) 3
 - c) 4
 - d) 5
34. Shawl or V sign, Gottron papules, and heliotrope rash are typically seen in which myopathy?
- a) Dermatomyositis
 - b) Duchene muscular dystrophy
 - c) Becker muscular dystrophy
 - d) Steroid induced myopathy
35. Tarsal tunnel syndrome involves which nerve?:
- a) Median
 - b) Common peroneal
 - c) Tibial
 - d) Obturator
36. The most common subtype of multiple sclerosis is -
- a) Primary progressive
 - b) Secondary progressive
 - c) Tertiary progressive
 - d) Relapsing remitting
37. A child with cerebral palsy spastic diplegia walks with hip in flexion, knee flexed and ankle dorsiflexed. This gait pattern is known as:
- a) Jump
 - b) Crouch
 - c) Scissoring
 - d) Circumduction
38. Motor neuron disease type with predominantly upper motor neuron (UMN) features is -
- a) Poliomyelitis
 - b) Spinomuscular atrophy
 - c) Progressive muscular atrophy
 - d) Primary lateral sclerosis
39. The hallmark signs of normal pressure hydrocephalus are the following **Except** -
- a) Dementia
 - b) Gait disturbance
 - c) Urinary incontinence
 - d) Pain
40. The cardinal motor signs of Parkinson's Disease include the following **Except** -
- a) Resting tremor
 - b) Bradykinesia
 - c) Hyperkinesia
 - d) Rigidity
41. Neers sign is typically positive in which shoulder joint complex pathology?
- a) Shoulder impingement syndrome
 - b) Periarthritis shoulder
 - c) Acromioclavicular joint arthritis
 - d) Subscapularis muscle disorder
42. Ely test is performed to elicit tightness of which muscle?
- a) Gastrosoleus
 - b) Tensor fascia lata
 - c) Gracilis
 - d) Rectus femoris
43. A common radiographic grading scale used for osteoarthritis of the tibiofemoral joint is -
- a) Visual analog scale
 - b) Kellgren-Lawrence
 - c) Ranchos Los Amigos scale
 - d) Functional knee score
44. Dual Energy X ray Absorptiometry (DEXA) is typically used to measure -
- a) Scoliosis
 - b) Drug absorption
 - c) Bone mineral density
 - d) Kyphosis

45. Finkelstein test is positive in which condition?

- a) de Quervain tenosynovitis
- b) Lateral epicondylitis
- c) Medial epicondylitis
- d) Carpal tunnel syndrome

46. As per the World Health Organization (WHO) definition, any loss or abnormality of body structure or of a physiologic or psychological function is referred to as -

- a) Impairment
- b) Activity limitation
- c) Participation restriction
- d) Handicap

47. Which of the following is not a stage in normal swallowing?

- a) Oral
- b) Pharyngeal
- c) Esophageal
- d) Laryngeal

48. Sensory stimulation for activation and inhibition of movement patterns was developed by:

- a) Bobath
- b) Kabat
- c) Rood
- d) Peto

49. Which of the following is not a wheelchair propulsion method?

- a) Semicircular
- b) Radial
- c) Single loop over
- d) Double loop over

50. To be in the category of benchmark disability a person needs to have at least ____% disability of any type recognized under the RPWD Act 2016

- a) 10
- b) 20
- c) 30
- d) 40

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Name of category: 1st MFCP Physiotherapy A to B

ANSWER KEY

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

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