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Sig. of Candidate. \_\_\_\_\_

Answer Sheet No. \_\_\_\_\_  
Sig. of Invigilator. \_\_\_\_\_

## PHYSIOTHERAPY TECHNIQUES HSSC-I

### SECTION – A (Marks 20)

Time allowed: 25 Minutes

NOTE:- Section-A is compulsory and comprises pages 1-2. All parts of this section are to be answered on the question paper itself. It should be completed in the first 25 minutes and handed over to the Centre Superintendent. Deleting/overwriting is not allowed. Do not use lead pencil.

Q. 1 Circle the correct option i.e. A / B / C / D. Each part carries one mark.

- (i) Which of the following machines resembles the inclined plane?  
A. Bent lever      B. Wedge      C. Pulley      D. Wheel barrow
- (ii) What is Short Wave Diathermy?  
A. Low frequency current      B. Medium frequency current  
C. High frequency current      D. Source of energy
- (iii) What is the range of low frequency current?  
A. 0 to 100 cycles per second      B. 1000 to 10,000 cycles per second  
C. More than 10,000 cycles per second      D. 2000 to 5000 cycles per second
- (iv) Which of the following is actually used for the treatment of various diseases with the help of phototherapy call?  
A. Light      B. Electric current      C. Ice      D. Water
- (v) What does EMG stand for?  
A. Electro Muscle Grading      B. Electro myo-graphy  
C. Emission of magnetic waves      D. Electro monitoring gram
- (vi) What is Galvanic current?  
A. Unidirectional current      B. Alternating current  
C. Sinusoidal current      D. TENS
- (vii) What is known as the term "Iontophoresis"?  
A. Ion transfer      B. Magnetic transfer  
C. Electric charge transfer      D. Faradism under bath
- (viii) What is the frequency of TENS?  
A. 10 to 100 Hz      B. 20 to 200 Hz      C. 40 to 400 Hz      D. 80 to 800 Hz
- (ix) What is the frequency of Short Wave Diathermy?  
A. 27.12 MHz      B. 50.10 MHz      C. 100 MHz      D. 200 MHz
- (x) What is the range of temperature in Paraffin Wax Therapy?  
A. 40° to 44° C      B. 80° to 90° C      C. 90° to 100° C      D. 105° to 150° C
- (xi) What do Hydroxcollator packs provide?  
A. Superficial Moist heat      B. Dry heat  
C. Electric current      D. Ultrasonic heat

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- (xii) What is the use of local cold application called?  
A. Cryotherapy B. Electrotherapy C. Phototherapy D. Actinotherapy
- (xiii) What is blood effusion into a cavity of a joint called?  
A. Haematoma B. Haemorthosis C. Haemorrhage D. Fibrosis
- (xiv) What is treatment with insertion of fine needle at the specific points called?  
A. Physiotherapy B. Hydrotherapy C. Acupuncture D. Wax therapy
- (xv) What is the distance of Infrared rays application?  
A. 18 inches B. 36 inches C. 40 inches D. 50 inches
- (xvi) What is the duration of Ultrasonic therapy?  
A. 5 - 10 minutes B. 20 - 30 minutes C. 30 - 40 minutes D. Over one hour
- (xvii) What is called "absence of pain or loss of sensibility"?  
A. Anesthesia B. Analgesia C. Alopecia D. Erythema
- (xviii) What is the dosage of Ultrasound?  
A. 0.25 to 0.5 watts/cm<sup>2</sup> B. 5 to 7 watts/cm<sup>2</sup>  
C. 6 to 9 watts/cm<sup>2</sup> D. 8 to 10 watts/cm<sup>2</sup>
- (xix) For what of the following reasons, Ice massage is used?  
A. To increase the blood circulation B. To increase the muscle strength  
C. To relieve pain D. To increase ROM
- (xx) Which is the modified form of wheel?  
A. Inclined plane B. Ramp C. The wedge crank D. Stairs

For Examiner's use only:

Total Marks:

20

Marks Obtained:

— 1HA-1047 —

# PHYSIOTHERAPY TECHNIQUES HSSC-I

Time allowed: 2:35 Hours

Total Marks Sections B and C: 80

NOTE:- Answer any ten parts from Section 'B' and any three questions from Section 'C' on the separately provided answer book. Use supplementary answer sheet i.e. Sheet-B if required. Write your answers neatly and legibly.

## SECTION – B (Marks 50)

Q. 2 Attempt any TEN parts. The answer to each part should not exceed 2 to 5 lines. ( 10 x 5 = 50 )

- (i) What is Acne?
- (ii) Define Acute pain.
- (iii) Differentiate between Adenitis and Bursitis.
- (iv) What is Amplitude?
- (v) Define frequency and Hertz.
- (vi) What do you mean by Direct Current?
- (vii) What is the difference between Anode and Cathode?
- (viii) Differentiate between Electrotherapy and Hydrotherapy.
- (ix) Define Infrared. List the types of Infrared rays.
- (x) What are the methods of application of short-wave Diathermy?
- (xi) Write down the indications of Wax therapy.
- (xii) What are the types of Hot packs?
- (xiii) Define TENS.
- (xiv) What is Ionization?
- (xv) State Faraday's Law of electromagnetic induction.

## SECTION – C (Marks 30)

Note: Attempt any THREE questions. All questions carry equal marks.

(3 x 10 = 30)

- Q. 3 What are therapeutic effects of Ultrasound?
- Q. 4 Give indications and safety precautions of Short-wave Diathermy.
- Q. 5 Discuss Wax Therapy procedure.
- Q. 6 What are the contra indications of cervical and lumbar traction?
- Q. 7 Write down the physiological effects of Faradic Galvanic current.