

173/23

Question Booklet Alpha Code

A

Question Booklet Sl. No.

Total Number of Questions : 100

Time : 90 Minutes

Maximum Marks : 100

INSTRUCTIONS TO CANDIDATES

1. The Question Paper will be given in the form of a Question Booklet. There will be four versions of Question Booklets with Question Booklet Alpha Code viz. **A, B, C & D**.
2. The Question Booklet Alpha Code will be printed on the top left margin of the facing sheet of the Question Booklet.
3. The Question Booklet Alpha Code allotted to you will be noted in your seating position in the Examination Hall.
4. If you get a Question Booklet where the alpha code does not match to the allotted alpha code in the seating position, please draw the attention of the Invigilator **IMMEDIATELY**.
5. The Question Booklet Serial Number is printed on the top right margin of the facing sheet. If your Question Booklet is un-numbered, please get it replaced by new Question Booklet with same alpha code.
6. The Question Booklet will be sealed at the middle of the right margin. Candidate should not open the Question Booklet, until the indication is given to start answering.
7. Immediately after the commencement of the examination, the candidate should check that the Question Booklet supplied to him/her contains all the 100 questions in serial order. The Question Booklet does not have unprinted or torn or missing pages and if so he/she should bring it to the notice of the Invigilator and get it replaced by a complete booklet with same alpha code. This is most important.
8. A blank sheet of paper is attached to the Question Booklet. This may be used for rough work.
9. **Please read carefully all the instructions on the reverse of the Answer Sheet before marking your answers.**
10. Each question is provided with four choices **(A), (B), (C)** and **(D)** having one correct answer. Choose the correct answer and darken the bubble corresponding to the question number using Blue or Black Ball Point Pen in the OMR Answer Sheet.
11. **Each correct answer carries 1 mark and for each wrong answer 1/3 mark will be deducted. No negative mark for unattended questions.**
12. No candidate will be allowed to leave the examination hall till the end of the session and without handing over his/her Answer Sheet to the Invigilator. Candidates should ensure that the Invigilator has verified all the entries in the Register Number Coding Sheet and that the Invigilator has affixed his/her signature in the space provided.
13. Strict compliance of instructions is essential. Any malpractice or attempt to commit any kind of malpractice in the Examination will result in the disqualification of the candidate.

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1. Doctor who has specialized in PM and R is known as
A) Psychiatrist B) Podiatrist C) Physiotherapist D) Psychiatrist
2. Locking muscle of knee joint
A) Piriformis B) Popliteus
C) Semimembranosus D) Semitendinosus
3. Domain of "Communication Skills" is predominantly
A) Psychomotor B) Affective C) Cognitive D) Intrinsic
4. Wrist joint is a type of _____ joint.
A) Hinge B) Saddle C) Ellipsoid D) Condyloid
5. Infrared operates between _____ nanometers.
A) 300 to 700 B) 700 to 1000 C) 1000 to 1400 D) 1400 to 1800
6. Gout is due to deposition of _____ Crystals.
A) Uric acid B) Homogentisic acid
C) Calcium pyrophosphate D) Calcium apatite
7. F wave studies use _____ stimulus.
A) Supramaximal B) Submaximal C) Normal D) Suboptimal
8. Ligament that exists across GUYONS Canal
A) Transverse Carpal B) Piezohamate
C) Scaphohamate D) Radiocarpal
9. All are causes of peripheral neuropathy except
A) Hypothyroidism B) Amyloidosis C) Alcohol D) Paracetamol
10. Contraindication for continuous mode Ultrasound Therapy include all except
A) Scar tissue B) Healing bone fracture
C) Abscess D) Cartilage in children
11. In sciatic nerve palsy all the following are affected except
A) Knee flexion B) Knee extension
C) Ankle dorsiflexion D) Ankle plantarflexion
12. In which of the following diseases there is early loss of reflexes ?
A) Duchenne Muscular Dystrophy B) Beckers Muscular Dystrophy
C) Nemaline myopathy D) Spinal Muscular Atrophy

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13. Interphalangeal joint of thumb is flexed by
 - A) Flexor Pollicis Longus
 - B) Flexor Pollicis Brevis
 - C) Abductor Pollicis Brevis
 - D) Adductor Pollicis

14. Which of the following activity is least useful as an exercise in Rheumatoid Arthritis ?
 - A) Screwing a lid with right hand
 - B) Unscrewing a lid with right hand
 - C) Screwing a lid with left hand
 - D) Loosening a nut using right hand

15. Normal human residual urine in adult is less than _____ ml.
 - A) 20
 - B) 50
 - C) 100
 - D) 150

16. Poncetti correction is used for
 - A) Calcaneocavus feet
 - B) Congenital Talipes Equinovarus feet
 - C) Planovalgus feet
 - D) Focal Femoral Deficiency

17. One eyed person carries _____ % disability according to RPWD Guidelines.
 - A) 60
 - B) 50
 - C) 40
 - D) 30

18. Which nerve is usually used for cable graft ?
 - A) ulnar
 - B) radial
 - C) tibial
 - D) sural

19. The scheme for giving financial assistance to caregivers of bedridden patients is
 - A) Anuyatra
 - B) Swasraya
 - C) Aswasakiranam
 - D) Sahayahastam

20. International day for differently abled was first celebrated on December 3 of
 - A) 1982
 - B) 1992
 - C) 2002
 - D) 2012

21. The least common use of Constrained Induced Movement Therapy is in
 - A) Stroke
 - B) Duchenne Muscular Dystrophy
 - C) Cerebral Palsy
 - D) Traumatic Brain Injury

A

22. _____ percent of Gait cycle comes under swing phase.
 A) 30 B) 40 C) 50 D) 60
23. Activity Limitation is the new terminology for
 A) Impairment B) Disability
 C) Handicap D) Participation Restriction
24. SVNIRTAR is situated in
 A) Maharashtra B) Gujarat C) West Bengal D) Odisha
25. Calisthenics is a form of
 A) Remedial education B) Massage
 C) Locomotor assistive devise D) Exercises
26. Boston brace is used in
 A) Scoliosis B) Tibia Vara
 C) Genu Valgus D) Perthes Disease
27. Which of the following muscles is a Dorsiflexor of ankle ?
 A) Gastrocnemius B) Tibialis Posterior
 C) Peroneus Tertius D) Peroneus Longus
28. Close packed position of ankle joint
 A) plantarflexed and inverted B) plantarflexed and everted
 C) dorsiflexed and inverted D) dorsiflexed and everted
29. When an externally applied force is greater than internally generated force in the muscle, _____ contraction results.
 A) concentric B) eccentric C) velocentric D) epicentric
30. Space between elastic barrier and anatomic barrier is termed _____ space.
 A) anatomic B) parametric
 C) physiologic D) paraphysiologic
31. Load is between fulcrum and effort in _____ lever.
 A) Class I B) Class II C) Class III D) Class I and II
32. Amortisation phase is found in
 A) box jumping B) running
 C) swimming D) stair climbing

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33. Properties of low power LASERs include all except
A) Coherence
B) Collimation
C) Monochromaticity
D) Thermal ablation
34. The commonest frequency used in Short Wave Diathermy for medical use is _____ MHz.
A) 13.56
B) 27.12
C) 40.68
D) 54.24
35. Plumblines in ideal erect posture pass
A) anterior to hip joint
B) posterior to ankle joint
C) anterior to ankle joint
D) posterior to shoulder joint
36. All the following Asanas are contraindicated in Lumbar Disc Prolapse except
A) Paschimottasana
B) Baddha Konasana
C) Makarasana
D) Sasangasana
37. Which of the following is not a component of the vestibular system?
A) Otolith organs
B) Sacculi
C) Lateral semicircular canal
D) Cochlea
38. The characteristic feature of LMN paralysis is
A) spasticity
B) hyperreflexia
C) flaccid weakness
D) rigidity
39. The main shock absorber of the knee joint is
A) Meniscus
B) Collateral Ligament
C) Cartilage
D) Cruciate Ligament
40. Maximum Safe Current Density at Cathode in Iontophoresis is _____ mA/cm².
A) 50
B) 100
C) 150
D) 200
41. The Pain Gate is situated in
A) Unmyelinated peripheral nerve
B) Spinal cord
C) Basal Ganglia
D) Hippocampus
42. Therapeutic Ultrasound energy is maximum at
A) Frenzel Zone
B) Fraunhofer Zone
C) Far field
D) Noninterference Zone

A

43. Cryotherapy is useful in
- A) Abscess
 - B) Raynauds disease
 - C) Urticaria
 - D) DOMS
44. In which all positions Diaphragmatic breathing can be advised ?
- A) Supine
 - B) Sitting
 - C) Standing
 - D) All of the above
45. Which of the following is predominantly an Anaerobic exercise ?
- A) Weight Lifting
 - B) Running
 - C) Swimming
 - D) Cross country Skiing
46. Which one is not a risk factor for low back pain in paediatric population ?
- A) Hyper lordotic posture
 - B) History of spinal trauma
 - C) Female gender
 - D) Poor school performance
47. Neuro Developmental Treatment in Cerebral Palsy was put forward by
- A) Rood
 - B) Vojta
 - C) Bobath
 - D) Doman-Delacato
48. In Bell's palsy the lesion is located
- A) Cerebral cortex
 - B) Facial canal
 - C) Facial nucleus
 - D) None
49. In nulliparous woman, the Inter Recti Distance (IRD) at the umbilicus is approximately
- A) 27 mm
 - B) 11 mm
 - C) 45 mm
 - D) 5 mm
50. SIGAM algorithm is related to
- A) Cardiac rehabilitation
 - B) Amputee rehabilitation
 - C) Oncology rehabilitation
 - D) None of the above
51. Which exercise is to be avoided in a patient with burns ?
- A) ROM exercise
 - B) Resistance training
 - C) Endurance training
 - D) None of the above

52. Based on evidence, which of the following exercise regimen is preferred for patients with chronic arterial insufficiency ?
- A) Graded exercise programme B) Buerger exercises
C) Both A) and B) D) None of the above
53. Complex Decongestive Therapy (CDT) is used in the treatment of
- A) Cancer related cachexia B) Cancer related lymphedema
C) Cancer related fatigue D) Cancer pain
54. Which of the following is a part of guidelines for prevention of fall in the elderly person ?
- A) Provide individually tailored exercise program
B) Supplement Vitamin D
C) Minimise medication
D) All of the above
55. Which of the following is an absolute contraindication for exercise during pregnancy ?
- A) Maternal type 1 diabetes B) Pre eclampsia
C) Both A) and B) D) None of the above
56. Which is not a function of the frontal lobe of the brain ?
- A) Emotional control B) Language
C) Visual processing D) Micturition
57. Suspended sensory loss is found in
- A) Isolated lesion in dorsal column of spinal cord
B) Lesions in the centre of spinal cord
C) Lesions damaging one side of spinal cord
D) None of the above
58. The following are non motor symptoms of Parkinson's disease except
- A) Depression B) Hypersomnolence
C) Pain D) Tremor
59. Which is a non infective cause of meningitis ?
- A) Mumps B) Varicella zoster
C) Amoeba D) Sarcoidosis

84. Involuntary resistance being maintained during passive movement and without collapse of the muscle and is a result of hypertonia seen in extrapyramidal lesions is called as
 A) Hypermobility B) Rigidity C) Spasticity D) Flaccidity
85. **Assertion** : Tensor Fasciae Latae (TFL) stretching increases hip internal rotation.
Reason : Tensor Fasciae Latae (TFL) assists in hip interna; rotation along with Gluteal medius and minimus.
 A) Both Assertion and Reason are true. Reason is correct explanation of Assertion
 B) Both Assertion and Reason are true, but Reason is not correct explanation of Assertion
 C) Assertion is true but Reason is false
 D) Both Assertion and Reason are false
86. **Assertion** : Volar glide of radius on fixed scaphoid / fixed lunate increases flexion in Radiocarpal joint.
Reason : In Radiocarpal joint arthrokinematics, radius is convex and scaphoid and lunate are concave.
 A) Both Assertion and Reason are true. Reason is correct explanation of Assertion
 B) Both Assertion and Reason are true, but Reason is not correct explanation of Assertion
 C) Assertion is true but Reason is false
 D) Both Assertion and Reason are false
87. Choose the correct order of patellar loading in the below activities respectively :
 Walking, Climbing stairs, Descending stairs, Squatting
 A) 7 times, 3.5 times, 2.5 times, 0.3 times of body weight
 B) 0.3 times, 2.5 times, 3.5 times, 7 times of body weight
 C) 0.3 times, 7 times, 3.5 times, 2.5 times of body weight
 D) 2.5 times, 0.3 times, 3.5 times, 7 times of body weight
88. Shoulder problems may arise early if Glenohumeral Internal Rotation Deficit (GIRD) / Glenohumeral External Rotation Deficit (GERD) ratio is
 A) >1 B) <1 C) $=1$ D) ± 1
89. Receptors in the Semi-circular Canals and Otolith organs (Utricle and Saccule) detects _____ acceleration of head respectively.
 A) Angular and Linear B) Linear and Angular
 C) Radial and Linear D) Angular and Radial

90. The primary benefits of physical activities in older adults are
 A) Slowing physiological changes of ageing
 B) Minimizing risk of physical disability
 C) Decrease in the risk of developing chronic diseases
 D) All of the above
91. Lateral collateral ligament of Elbow Instability is tested by one of the following tests
 A) Ligamentous Varus Instability B) Ligamentous Valgus Instability
 C) Moving Valgus stress test D) Lateral pivot shift test
92. Sacrotuberous ligament stress is performed by
 A) Sacral Thrust B) Knee to Chest test
 C) Hibb's test D) Gapping test
93. A form of resistance training that combines a rapid eccentric muscle contraction followed by a rapid concentric contraction to produce a fast forceful movement is referred as
 A) Flexibility training B) Plyometric training
 C) Agility training D) Speed training
94. **Assertion** : Thoracic outlet syndrome are common in patients with chronic scapular dyskinesia.
Reason : Scapular dyskinesia is presented with tight pectoralis minor, scalene and upper trapezius muscles, with weak serratus anterior and lower trapezius muscles.
 A) Both Assertion and Reason are true. Reason is correct explanation of Assertion
 B) Both Assertion and Reason are true, but Reason is not correct explanation of Assertion
 C) Assertion is true but Reason is false
 D) Both Assertion and Reason are false
95. **Assertion** : Lateral ligament injury is characterised by damage to ATFL(Anterior-talo-Fibular Ligament) before CFL (Calcaneo-Fibular Ligament).
Reason : Because of the ATFL is taut in plantar flexion and the CFL is relatively loose.
 A) Both Assertion and Reason are true. Reason is correct explanation of Assertion
 B) Both Assertion and Reason are true, but Reason is not correct explanation of Assertion
 C) Assertion is true but Reason is false
 D) Both Assertion and Reason are false

96. In natural history of disease, the 'pathogenesis phase' is deemed to start upon
- A) Entry of disease 'agent' in the susceptible human host
 - B) Appearance of sign and symptoms
 - C) Appearance of complications
 - D) Interaction between agent, host and environmental factors
97. Which of the following is not a direct mode of transmission ?
- A) Droplet infection
 - B) Transplacental
 - C) Vector borne- mechanical and biological
 - D) Direct contact
98. **Assertion** : Passive immunity differs from active immunity.
Reason : Immunity is rapidly established and only temporary; There is no education of Reticuloendothelial system.
- A) Both Assertion and Reason are true. Reason is correct explanation of Assertion
 - B) Both Assertion and Reason are true, but Reason is not correct explanation of Assertion
 - C) Assertion is true but Reason is false
 - D) Both Assertion and Reason are false
99. "HEALTH FOR ALL" by year 2000, that is attainment of a level of health that will permit all people
- A) To lead economically productive life
 - B) To lead a socially and economically productive life
 - C) Without disease in future
 - D) Have healthy life without death and suffering
100. Silicosis was first reported in India from
- A) Narwapahar Mines (Jharkhand) in 1955
 - B) Parasi Mines (Jharkhand) in 1953
 - C) Hatti Gold Mines (Karnataka) in 1949
 - D) Kolar Gold Mines (Mysore) in 1947
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Space for Rough Work