Version No.				
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ROLL NUMBER						

PHYSIOTHERAPY TECHNIQUES II HSSC-II

SECTION – A (Marks 08)

Time allowed: 15 Minutes

Section – A is compulsory. All parts of this section are to be answered on this page and handed over to the Centre Superintendent. Deleting/overwriting is not allowed.

Do not use lead pencil.

حصہ اوّل لازمی ہے۔اس کے جوابات اسی صفحہ پر دے کر ناظم مرکز کے حوالے کریں۔کاٹ کر دوبارہ لکھنے کی اجازت نہیں ہے۔لیڈ پنسل کا استعمال ممنوع ہے۔

Answer Sheet No. _____ Candidate's Sign. _____ Invigilator's Sign. _____

Fill the relevant bubble against each question:

	Question	A	B	C	D	A	B	C	D
1.	Any muscle contraction that happens while an external force opposes it	Assisted movements	Resisted movements	Passive movements	Active assisted movements	○	○	○	○
2.	Structured techniques used to control how to inhale and exhale air	Breathing exercises	Frankle exercises	Resisted techniques	Harmful techniques	○	○	○	○
3.	Tibia is a bone of	Thorax	Ribs	Lower limb	Upper limbs	○	○	○	○
4.	Methods of exercises that suspends body parts in the air using ropes, slings and pulleys attached to an overhead frame.	Suspension therapy	Pulley exercises	Resisted exercises	Breathing exercises	○	○	○	○
5.	It is the body's framework made of bones, cartilages, ligaments and tendons.	Nervous system	Skeletal system	Muscular system	Endocrine system	○	○	○	○
6.	---- are hard ,rigid organs that form internal skeleton of humans	Bones	Muscles	Lungs	Liver	○	○	○	○
7.	It is the position in which one can hold body while standing, sitting or moving.	Breathing exercises	Posture	Lying position	Prone lying position	○	○	○	○
8.	Humerus is a bone of	Upper limb	Thorax	Lower limb	Head	○	○	○	○

PHYSIOTHERAPY TECHNIQUES II
HSSC-II

Time Allowed: 2:15 Hours **Total Marks: 32**

Note: Answer all parts from Section "B" and all questions from Section 'C' on the provided **E-Sheet.** Write your answers on the allotted/given spaces.

SECTION – B (Marks 10x2=20)

Q. 2	**Attempt the following questions.**				
(i)	Describe Eye	**2**	**OR**	Describe Ear	**2**
(ii)	Describe Phalangeal movements	**2**	**OR**	Write down names of joints of upper limb.	**2**
(iii)	Define Active movements	**2**	**OR**	Define Passive movements	**2**
(iv)	Define breathing exercises	**2**	**OR**	What are effects of breathing exercises	**2**
(v)	Define Cerebellum	**2**	**OR**	Define Hypothalamus	**2**
(vi)	What is Pulley?	**2**	**OR**	Define suspension therapy	**2**
(vii)	Describe features of bones	**2**	**OR**	Describe features of joints	**2**
(viii)	What are techniques of forced passive moments	**2**	**OR**	What are effects of forced passive movements	**2**
(ix)	What do you know about special senses?	**2**	**OR**	Describe Physiology of Exercise.	**2**
(x)	Mention 3 features of skull.	**2**	**OR**	Define Active assisted exercises	**2**

SECTION -C (Marks 2x6=12)

Q. 3	Define methods of promoting relaxation, its effects and uses.	**6**	**OR**	Describe in detail about PNF Techniques.	**6**
Q. 4	Describe Sympathetic and Parasympathetic system	**6**	**OR**	Define resisted movements, its techniques and effects.	**6**