

BABA FARID UNIVERSITY OF HEALTH SCIENCES, FARIDKOT

MP TET-2026

QUESTION BOOKLET NO

OMR ANSWER SHEET NO

ROLL NO:

Co-ordinator stamp

THUMB IMPRESSION OF THE CANDIDATE

FULL SIGNATURE OF THE CANDIDATE

FULL SIGNATURE OF INVIGILATOR

Time Allowed: 2:00 Hour (11:00 AM to 01:00 PM)

Maximum Marks: 100

1. Use BLACK FINE TIP BALL PEN only. Use of pencil is not allowed.
2. Write your Roll number on the OMR answer-sheet and also on the question-booklet only in the space provided for the purpose and at no other place in the question booklets and Answer-sheet.
3. Enter the Question Booklet Set and Number on the OMR Answer-sheet and also darken the corresponding bubbles with BLACK FINE TIP BALL PEN.
4. Do not put any marks anywhere in the Question booklet /on the OMR Answer-sheet.
5. **There are 100 objective type questions in all of 1 Mark each.** Before attempting the questions, check that the Question-booklet is complete. In case any question/part of question or page is missing, inform the Centre Superintendent within 5 minutes of the start of the examination. After that no claim will be entertained.
6. **Each question is followed by four alternative responses listed as A), B), C) and D) out of which only one is correct / most correct. In case, all the ovals are left blank, there will be deduction of marks @ 0.25 mark for each such unattempted question. Fifth oval 'E' (introduced for security purpose) is to be darkened in case you do not want to attempt the question to avoid negative marking.**
7. To open the question booklet, remove the seal gently when asked to do so. Handover the OMR Answer-sheet to the officer on duty on the completion of the time before you leave the examination hall.
8. **The candidates are permitted to carry his/her question booklet after completion of the examination but OMR Sheets are compulsory required to be deposited with the invigilator.**
9. A candidate who create disturbance of any kind or changes his/her seat or is found in possession of any paper possibility of any assistance to him/her or unfair means will be expelled from the examination by the Centre superintendent/Observer, whose decision shall be final. ("Expulsion" for this purpose would mean cancellation of the entire examination of the candidate).
10. **THE CANDIDATES ARE NOT PERMITTED TO CARRY ANY TELECOMMUNICATION EQUIPMENT SUCH AS WATCH, CELLULAR PHONE, WIRELESS SET, SCANNER ETC. INSIDE THE EXAMINATION HALL.**
11. For rough work, use only the blank space of the Question booklet.
12. The candidates will not be allowed to leave the examination hall during the examination.
13. Borrowing any material is not allowed.
14. The answer-sheet is designed for Computer evaluation. If the instructions are not followed properly, the candidate alone shall be responsible for the resultant loss.
15. Smoking/Refreshment shall not be allowed in the Entrance Test Centre/Hall.
16. Male candidates shall affix their Left Thumb Impression (LTI) while Female candidates shall affix Right Thumb Impression (RTI) at the prescribed place on the OMR answer sheet, Question Booklet and attendance sheet. The Centre superintendent shall also obtain and retain it for record.
17. The candidate must fill both the question booklet number and OMR answer sheet number on the attendance sheet.
18. No candidate shall be allowed to leave the centre before **01:00 PM**.

1. Which nerve supplies the deltoid muscle?
 - A. Musculocutaneous nerve
 - B. Axillary nerve
 - C. Radial nerve
 - D. Suprascapular nerve
2. The anterior cruciate ligament primarily prevents:
 - A. Posterior translation of the tibia
 - B. Anterior translation of the tibia
 - C. Medial rotation of the femur
 - D. Lateral displacement of the patella
3. During a normal quiet inspiration, the principal muscle contracting is the:
 - A. Internal intercostal
 - B. Diaphragm
 - C. Rectus abdominis
 - D. Transversus thoracis
4. The Frank-Starling mechanism states that, within physiological limits, increased ventricular filling generally produces:
 - A. A decreased force of contraction
 - B. An increased force of contraction
 - C. A decreased heart rate only
 - D. No change in stroke volume
5. A common early physiotherapy priority after total knee arthroplasty is to:
 - A. Maintain prolonged bed rest
 - B. Restore safe mobility and reduce postoperative complications
 - C. Begin maximal resisted knee extension
 - D. Avoid all knee movement for 1 week
6. Which finding after surgery requires urgent medical communication because it may indicate deep-vein thrombosis or pulmonary embolism risk?
 - A. Mild incisional itch
 - B. Unilateral calf swelling with pain
 - C. Expected mild fatigue
 - D. Symmetrical ankle stiffness
7. The apprehension test is commonly associated with assessment of:
 - A. Anterior shoulder instability
 - B. Carpal tunnel syndrome
 - C. Achilles tendinopathy
 - D. Lumbar spinal stenosis
8. In adhesive capsulitis, the restriction typically most characteristic of the glenohumeral joint is:
 - A. External rotation
 - B. Finger flexion
 - C. Elbow extension
 - D. Forearm pronation
9. A positive Babinski sign in an adult most strongly suggests involvement of the:
 - A. Upper motor neuron pathway
 - B. Neuromuscular junction only
 - C. Anterior horn cell only
 - D. Peripheral sensory receptor
10. Which gait pattern is commonly associated with unilateral foot drop?
 - A. High-steppage gait
 - B. Ataxic gait
 - C. Scissoring gait
 - D. Trendelenburg gait
11. The six-minute walk test is primarily used to assess:
 - A. Maximal hand-grip strength
 - B. Functional exercise capacity
 - C. Visual acuity
 - D. Joint proprioception only
12. A patient with stable angina develops chest pain and marked breathlessness during exercise. The most appropriate immediate action is to:
 - A. Increase resistance
 - B. Stop exercise and assess the patient
 - C. Ask the patient to continue slowly
 - D. Apply deep friction massage to the chest
13. Pursed-lip breathing is particularly useful because it can help:
 - A. Promote airway pressure and reduce expiratory airway collapse
 - B. Increase residual lung volume
 - C. Mobilizes secretions
 - D. Produce complete lung isolation
14. Which technique is designed to assist clearance of bronchial secretions using controlled breathing and huffing?
 - A. Active cycle of breathing techniques
 - B. Valsalva manoeuvre
 - C. Postural Drainage
 - D. Nebulization
15. Which medication class commonly causes bronchodilation by stimulating beta-2 adrenergic receptors?
 - A. Beta-2 agonists
 - B. Thyroid antagonists
 - C. Beta-2 antagonists
 - D. Bisphosphonates
16. A patient taking anticoagulants should be monitored particularly carefully for:
 - A. Bleeding or excessive bruising
 - B. Improved bone density
 - C. Increased heart rate
 - D. Decreased heart rate

17. Glenohumeral caudal glide
- Increases flexion
 - Increases extension
 - Increases abduction
 - Increases adduction
18. Which molecule carries oxygen in red blood cells?
- Haemoglobin
 - Albumin
 - Insulin
 - Capillaries
19. Which imaging modality generally provides the best visualization of ligaments, tendons, and other soft tissues?
- Plain radiography
 - MRI
 - DEXA only
 - Fluoroscopy only
20. A plain radiograph is usually the first-line imaging investigation for suspected:
- Bone fracture
 - Cerebral neurotransmitter imbalance
 - Peripheral nerve conduction delay
 - Muscle fatigue
21. The primary purpose of a structured warm-up before sporting activity is to:
- Prepare the body for activity and progressively increase readiness
 - Cause fatigue before competition
 - Replace hydration
 - Guarantee prevention of every injury
22. The acute management principle commonly summarized as PEACE and LOVE emphasizes, among other components:
- Protection followed by optimal loading and gradual return to activity
 - Complete immobilization for every injury
 - Ignoring pain and swelling
 - Immediate maximal sprinting
23. The International Classification of Functioning, Disability and Health considers disability in relation to:
- Body functions only
 - The interaction between health conditions and contextual factors
 - Radiographic findings alone
 - Age alone
24. A SMART rehabilitation goal should be:
- Specific, measurable, achievable, relevant, and time-bound
 - Subjective, medical, arbitrary, rigid, and theoretical
 - Simple, maximal, aerobic, repetitive, and timed
 - Short, muscular, anatomical, reactive, and technical
25. Valid informed consent requires that the patient receives adequate information and:
- Makes a voluntary decision with capacity
 - Signs a form without explanation
 - Agrees because treatment is compulsory
 - Delegates every decision automatically
26. Patient confidentiality may ethically be breached without consent when:
- A legally recognized duty or serious risk of harm requires disclosure
 - A colleague is curious
 - The case is interesting
 - The therapist wants publicity
27. Which type of lever is formed by the elbow joint during flexion by the biceps brachii?
- First-class lever
 - Second-class lever
 - Third-class lever
 - Zero-class lever
28. During the gait cycle, which phase represents the point of single limb support and the body's center of mass passing directly over the stance foot?
- Initial contact
 - Loading response
 - Mid-stance
 - Pre-swing
29. The study of forces such as muscle force, joint torque, and ground reaction force in human movement is called:
- Kinematics
 - Kinetics
 - Goniometry
 - Osteokinematics
30. Random allocation in a clinical trial primarily helps to:
- Reduce selection bias and balance confounding factors
 - Guarantee a large sample
 - Eliminate the need for consent
 - Prove that the intervention is effective
31. In a diagnostic study, sensitivity is the proportion of:
- People with the condition who test positive
 - People without the condition who test positive
 - All participants who recover
 - Exposed participants who withdraw

32. Which of the following is NOT one of the cardinal signs of acute inflammation?

- A. Redness
- B. Heat
- C. Fibrosis
- D. Pain

33. Enlargement of skeletal muscle fibers in response to resistance training is an example of:

- A. Hyperplasia
- B. Hypertrophy
- C. Metaplasia
- D. Dysplasia

34. In DeLorme's technique of progressive resisted exercise, the third set is performed at what percentage of the 10 repetition maximum (10 RM)?

- A. 25%
- B. 50%
- C. 75%
- D. 100%

35. Jacobson's Progressive Relaxation Technique primarily works by having the patient:

- A. Perform passive stretching of all major muscle groups
- B. Actively contract and then consciously relax muscle groups sequentially
- C. Hold static postures for prolonged periods
- D. Perform rhythmic resisted exercises

36. The non-thermal effect of therapeutic ultrasound that involves the formation and oscillation of gas bubbles in tissue fluid is called:

- A. Piezoelectric effect
- B. Cavitation
- C. Ionization
- D. Diathermy

37. Conventional (high-frequency) TENS primarily relieves pain through which mechanism?

- A. Release of endogenous opioids
- B. Gate control theory via A-beta fiber stimulation
- C. Thermal effect on deep tissues
- D. Muscle strengthening

38. Short wave diathermy is absolutely contraindicated in a patient with which of the following?

- A. Chronic low back pain
- B. Cardiac pacemaker
- C. Muscle spasm
- D. Joint stiffness

39. A fracture in which the bone is broken into more than two fragments is classified as:

- A. Transverse fracture
- B. Greenstick fracture
- C. Comminuted fracture
- D. Spiral fracture

40. The classic 'dinner fork deformity' seen after a fall on an outstretched hand is characteristic of which fracture?

- A. Colles' fracture
- B. Smith's fracture
- C. Scaphoid fracture
- D. Bennett's fracture

41. Which of the following is a key conservative physiotherapy management strategy for knee osteoarthritis?

- A. Complete joint immobilization
- B. Quadriceps strengthening exercises
- C. Prolonged bed rest
- D. High-impact running programs

42. A surgical wound in which the respiratory or GI tract is entered under controlled conditions without unusual contamination is classified as:

- A. Clean wound
- B. Clean-contaminated wound
- C. Contaminated wound
- D. Dirty/infected wound

43. The most effective way to prevent post-operative atelectasis is:

- A. Strict bed rest for 5-7 days
- B. Deep breathing exercises and early mobilization
- C. High-dose analgesics only
- D. Avoiding coughing to prevent wound dehiscence

44. After upper abdominal surgery, wound splinting is primarily taught to the patient to assist with:

- A. Reducing pain during coughing/huffing
- B. Preventing deep vein thrombosis
- C. Improving grip strength
- D. Correcting postural deformity

45. Normal PEEP is:

- A. Zero cmH₂O
- B. 5cmH₂O
- C. 10cmH₂O
- D. 15cmH₂O

46. Humidification and nebulization are important:

- A. For removal of secretions
- B. To increase cough effectiveness
- C. In postural drainage
- D. All of the above

47. Trendelenburg sign signifies weakness of

- A. Glutius maximus
- B. Gracilis
- C. Gluteus minimus
- D. Gluteus medius

48. Difficulty in breathing while sitting up, which is relieved by recumbency is called;

- A. Platypnea
- B. Dyspnea
- C. Hyperapnea
- D. Orthopnea

49. During Buerger's exercise lower limb is elevated at;

- A. 75-90 degrees
- B. 45 – 60 degrees
- C. 15-30 degrees
- D. 30-45 degrees

50. Lung sounds heard on auscultation over periphery of lung parenchyma is called;

- A. Bronchovesicular breath sounds
- B. Vesicular breath sounds
- C. Bronchial breath sounds
- D. Wheezing breath sounds

51. Post-op a patient with left side pneumonectomy shall lie down in

- A. Supine
- B. Left side lying
- C. Right side lying
- D. Any of the a, b and c

52. The level of diaphragm at the end of tidal expiration is;

- A. T9 and 5th Rib
- B. TT10, 5th rib
- C. T9, 6th Rib
- D. T10th and 6th Rib

53. Sternal protrusion anteriorly is called;

- A. Pectus excavatum
- B. Pectus Carinatum
- C. Funnel chest
- D. None of the above

54. Cyanosis associated with the arterial O₂ desaturation is called as;

- A. central cyanosis
- B. peripheral cyanosis
- C. both a and b
- D. None of the above

55. Removal of complete one lung is called;

- A. thoracotomy
- B. thoracoplasty
- C. pneumonectomy
- D. Endoscopy

56. Suggested breathing exercises in acute exacerbation of COPD is;

- A. Pursed lip breathing
- B. Deep Diaphragmatic breathing exercises
- C. lung expansion exercises
- D. Segmental breathing exercises

57. Dyspnea may be caused by;

- A. increased exertion
- B. work of breathing
- C. increased work of heart
- D. all of the above

58. During lung consolidation the percussion note on the affected side shall be;

- A. increased resonance
- B. not audible
- C. highly resonant
- D. Dull

59. For removal of secretions which of the following can be used;

- A. postural drainage
- B. huffing
- C. autogenic drainage
- D. all of the above

60. Buerger's exercises are prescribe in;

- A. peripheral vascular disorders
- B. peripheral neurological disorders
- C. paroxymal nocturnal disorders
- D. none of the above

61. Which of the following should be strictly avoided in high blood pressure;

- A. isometric contraction of lower limb
- B. concentric contraction of lower limb
- C. isometric contraction of upper limb
- D. concentric contraction of upper limb

62. Alveolar collapse because of poor lung expansion or obstruction of airways called;

- A. Atelectasis
- B. COPD
- C. Pneumonia
- D. Pneumothorax

63. Pulse oximeter is used to measure;

- A. PaO₂
- B. SpO₂
- C. PvO₂
- D. All of the above

64. In normal Chest x-ray the level of the diaphragm during diaphragm paralysis shall be;

- A. higher than the normal level
- B. lower than the normal level
- C. at the same normal level
- D. none of the above

65. Abnormally higher fat content like tryglycerides, etc. in the blood is called;

- A. cholestrolemia
- B. hyperlipidemia
- C. hypertension
- D. fat embolism

66. Normal ankle-brachial index is

- A. between 0.40 and 0.90
- B. between 0.90 and 1.30
- C. less than 0.40
- D. greater than 1.30

67. ECHO investigative procedure gives primarily information on;

- A. Arterial diameter
- B. cardiac enzymes
- C. Ejection fraction
- D. Angina

68. Post myocardial infarction there is ST segment;

- A. depression
- B. elevation
- C. no change
- D. none of the above

69. A person on beta blocker drugs when doing exercise will have;

- A. increased blood pressure
- B. decreased blood pressure
- C. increased heart rate
- D. decreased heart rate

70. Congestive heart failure may lead to;

- A. peripheral edema
- B. pulmonary congestion
- C. systemic venous congestion
- D. all of the above

71. Most common form of congenital heart disease with cyanosis is;

- A. Atrial septal defect
- B. Ventricular septal defect
- C. Tetralogy of fallot
- D. Patent ductus arteriosus

72. Incentive spirometry is;

- A. negative pressure ventilation
- B. positive pressurte ventilation
- C. both a and b
- D. none of the above

73. In CABG incision given is;

- A. lateral oblique
- B. vertical
- C. sub-costal
- D. sub axillary

74. Effectiveness of clinical interventions can be increased by:

- A. Evidence based practice
- B. Research
- C. Critical analysis
- D. All of the above

75. Characteristics of a Good Research

- A. Controlled
- B. Verifiable
- C. Systematic
- D. All of the above

76. Cross-sectional studies are

- A. descriptive studies
- B. observational studies
- C. experimental studies
- D. all of the above

77. Bias in research can be controlled by

- A. Random sampling
- B. Blinding
- C. Allocation concealment
- D. All of the above

78. During heel strike the dorsiflexors of foot contract:

- A. Concentrically
- B. Isometrically
- C. Eccentrically
- D. Isokinetically

79. Which of the following is an ambulatory aid?

- A. Cane
- B. Walker
- C. Crutches.
- D. All of the above.

80. Which of the following is not a 2 joint muscle:

- A. Sartorius
- B. Gastrocnemius
- C. Soleus.
- D. Biceps Brachii.

81. The movements possible at the knee joint are:

- A. Flexion
- B. Medial and lateral rotation
- C. Extension
- D. All of the above

82. Passive movements of the joint helps in :
- Maintaining the muscle length
 - Maintaining the joint range of motion
 - Increasing the Joint Range of motion
 - All of the above.
83. Which of the following is not facilitated by the Tilt Table:
- Facilitate postural drainage
 - Gradual loading of the extremities
 - Stimulates postural reflexes to counter act orthostatic hypotension.
 - All of the above.
84. Factors that affect training are:
- Frequency, intensity, time, type
 - Force, interval, time, tension
 - Frequency, interval, type, tension
 - Force, intensity, time, tension
85. During sit to stand:
- Quadriceps work concentrically
 - Quadriceps work eccentrically
 - Both Hamstrings and quadriceps work concentrically
 - Both Hamstrings and quadriceps work eccentrically
86. Which is true for closed chain exercise
- Proximal segment moves over a fixed distal segment
 - Closed chain exercise loads muscles, bones and joints
 - Enhances coordination and functional weight bearing
 - All of the above
87. Resistive and functional exercise are introduced:
- When MMT of grade 5 is achieved.
 - Full passive ROM is achieved.
 - When MMT of grade 1 is achieved.
 - Full active ROM is achieved.
88. In Swing-to-gait:
- Both crutches are advance forward together.
 - Weight is shifted on to hands for support.
 - Legs are swung together to meet the crutches.
 - All of the above.
89. Type II b muscle fibres are
- Fast twitch oxidative glycolytic
 - Slow twitch oxidative
 - Fast twitch glycolytic
 - None of the above
90. To increase the joint range of motion which of the following can be best used:
- Ultrasound therapy
 - IFT
 - Wax therapy
 - None of the above
91. Transmission of impulses from one neuron to another is called:
- Neurone.
 - Dendrite.
 - Synapse.
 - Axon.
92. SD curve is useful in :
- Measuring chronaxie
 - Measuring rebase.
 - Measuring nerve regeneration.
 - All of the above.
93. Which out of the following is not a part of the neurone:
- Dendrite
 - Axon
 - Nucleus
 - Synapse.
94. Lewis hunting reaction is related to:
- Cryotherapy
 - Hydrotherapy
 - Vaccum therapy
 - Electrotherapy
95. SWD has a frequency of
- 27.12 MHz
 - 2.712 MHz
 - 27.12 Hz
 - 2.712 Hz
96. Electromagnetic induction is linked to
- Ultrasound
 - Infrared radiation
 - SWD
 - LASER
97. Infrared rays consist of wavelength ranging between:
- 750 - 4000000nm
 - 750 - 400000nm
 - 950nm- 400000nm
 - 950nm- 4000000nm
98. Microwaves are strongly absorbed by
- Adipose tissue
 - Water
 - Collagen
 - All of the above

99. The therapeutic wax should be kept at a temperature of

- A. 40° – 44° C
- B. 45° – 50° C
- C. 37° – 40° C
- D. 45° – 55° C

100. Walkers:

- A. Provide wider base of support
- B. Provide increased lateral and anterior stability.
- C. Can reduce weight bearing on one or both lower extremity.
- D. All of the above
