ਮਿਤੀ: 11.11.2026

ਬਾਬਾ ਫਰੀਦ ਯੂਨੀਵਰਸਿਟੀ ਆਫ ਹੈੱਲਥ ਸਾਇੰਸਿਜ਼, ਫਰੀਦਕੋਟ

(ਦਾਖਲਾ ਸ਼ਾਖਾ)

ਬਾਬਾ ਫਰੀਦ ਯੂਨੀਵਰਸਿਟੀ ਆਫ ਹੈੱਲਥ ਸਾਇੰਸਿਜ਼, ਫਰੀਦਕੋਟ ਵੱਲੋਂ ਐਮ.ਪੀ.ਟੀ. (MPT) ਕੋਰਸ ਸੈਸ਼ਨ-2026 ਦੇ ਲਈ ਦੂਸਰੀ ਵਾਰ ਦਾਖਲਾ ਟੈਸਟ (MPTET) ਮਿਤੀ 11.11.2026 ਨੂੰ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਮੈਡੀਕਲ ਕਾਲਜ਼, ਫਰੀਦਕੋਟ ਵਿਖੇ ਲਿਆ ਗਿਆ ਹੈ। ਇਸ ਪੇਪਰ ਦੀ (Answer Key/Question Booklet) ਯੂਨੀਵਰਸਿਟੀ ਦੀ ਵੈਬਸਾਈਟ (www.bfuhs.ac.in) 'ਤੇ ਅਪਲੋਡ ਕਰ ਦਿੱਤੀ ਗਈ ਹੈ। ਜੇਕਰ ਕਿਸੇ ਵੀ ਵਿਦਿਆਰਥੀ ਨੂੰ Answer Key ਸਬੰਧੀ ਕੋਈ ਵੀ ਇਤਰਾਜ਼ ਹੋਵੇ ਤਾਂ ਉਹ ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਇਤਰਾਜ਼ ਦਾਖਲਾ ਸ਼ਾਖਾ ਦੀ ਈ-ਮੇਲ (ug2021bfuhs@gmail.com) ਉਪਰ ਮਿਤੀ 12.11.2026 ਨੂੰ ਸ਼ਾਮ 03.00 ਵਜੇ ਤੱਕ ਪੇਸ਼ ਕਰ ਸਕਦੇ ਹਨ। ਉਪਰੋਕਤ ਦਿੱਤੇ ਗਏ ਸਮੇਂ ਤੋਂ ਬਾਅਦ ਵਿੱਚ ਪ੍ਰਾਪਤ ਹੋਏ ਇਤਰਾਜ਼ ਵਿਚਾਰੇ ਨਹੀਂ ਜਾਣਗੇ।

ਸਹੀ/-
ਰਜਿਸਟਰਾਰ

MPT Entrance Test (MPTET-2026)

MCQ's

Q. 1. You are performing a musculoskeletal examination of a patient's thoracic lumbar spine, which of the tests listed below would best determine if there is an impingement of the nerve in the thoracic lumbar root level?

A. Compression test

B. Distraction test

C. Ely's test

D. Slump test

Ans. D. Slump test

Q.2. which of the following condition may be closely responsible for causing Hallux limitus deformity?

A. Short 1st metatarsal

B. Elongated 1st metatarsal

C. Hypomobile 1st ray of foot

D. Both B and C

Ans. D. Both B and C

Q. 3. Which of the following joint is commonly known as lisfrancs joint?

A. 2nd TMT joint of foot

B. Ankel mortise joint

C. Subtalar joint

D. 4th digits DIP joint in foot

Ans. A. 2nd TMT joint of foot

Q. 4. Triangle of Petit is of clinical importance, as it is the

A. Site for hiatus hernia

B. Site for auscultation

C. Site for lumbar hernia

D. Site for lumbar puncture

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Ans. C. Site for lumbar hernia

Q. 5. Which of the following HLA is positive in ankylosing spondylitis?

A. HLA DR3

B. HLA DR4

C. HLA B27

D. HLA DW

Ans. C. HLA B27

Q. 6. Which of the following is true for carpal compression syndrome?

A. Ulnar compression at wrist

B. Ulnar compression at elbow

C. Median compression at wrist

D. Median compression at elbow

Ans. C. Median compression at wrist

Q. 7. Broca's dysphasia seen in

A. Posterior cerebral artery lesion

B. Middle cerebral artery lesion

C. Anterior cerebral artery lesion

D. Basilar artery lesion

Ans. B. Middle cerebral artery lesion

Q. 8. In the evaluation of an infant, Barlow's provocative test result is positive. This is an indication of:

A. Hip instability

B. Knee instability

C. Shoulder instability

D. Wrist instability

Ans. A. Hip instability

Q. 9. The primary benefits of CPM after ligament reconstruction are:

A. Pain management

B. Oedema reduction

C. Reduction of adhesion formation

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D. Prevention of atrophy

Ans. C. Reduction of adhesion formation

Q.10. The etiology of periarthritis of shoulder is:

A. Degenerative cartilage in glenoid cavity

B. Infection of shoulder joint

C. Fracture of surgical neck of humerus

D. Idiopathic

Ans. D. Idiopathic

Q. 11. Erb's palsy is due to injury of:

A. Head involving premotor area

B. Pelvis involving lumbosacral plexus

C. Thorax involving diaphragm

D. Upper roots of brachial plexus involving C5,6

Ans. D. Upper roots of brachial plexus involving C5,6

Q. 12. The following topical antibiotic agent is used in treatment of burn wounds:

A. Potassium permanganate

B. Betnovate

C. Silver sulfadiazine

D. Acetylsalcylate

Ans. C. Silver sulfadiazine

Q. 13. Cob's angle is measured in:

A. Kyphosis

B. Scoliosis

C. Lordosis

D. Lateral flexion

Ans. B. Scoliosis

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Q. 14. Myositis ossificans traumatic is commonest in which of the following joints?

A. Hip

B. Knee

C. Elbow

D. Shoulder

Ans. C. Elbow

Q. **15. In congenital dislocation of knee deformity seen is:**

A. Varus

B. Valgus

C. Flexion

D. Extension

Ans. D. Extension

Q. 16. Earliest visible change in osteoarthritis is:

A. Loss of water

B. Fibrillation

C. Decreased collagen content

D. Decreased hyaluronic acid level

Ans. B. Fibrillation

Q. 17. Earliest sign of Volkmann's ischaemic contracture:

A. On passive extension there is pain

B. Obliteration of Radial pulse

C. Pale and cold hand

D. Warm and Red hand

Ans. A. On passive extension there is pain

Q. 18. Most commonly the involved structure in Dupuytren's contracture is:

A. Natatory ligament

B. Pretendinous bands

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C. Superficial transverse ligament

D. All of these

Ans. D. All of these

Q. 19. The most common organism causing hematogenous osteomyelitis in children is:

A. E. coli

B. Tubercle bacillus

C. Salmonella

D. Staphylococcus

Ans D. Staphylococcus

Q. 20. Multiple hereditary osteochondrometosis presents all of the following problems except:

A. Bony swelling over body

B. Joint deformities

C. Leg length discrepancy

D. Anemia and toxemia

Ans . D Anemia and toxemia

Q. 21. Paraplegia in tuberculosis is most common in which region of the spine?

A. Cervical spine

B. Dorsal spine

C. Lumbar spine

D. Sacral spine

Ans . B. Dorsal spine

Q. 22. A patient is referred to physical therapy with a C6 nerve root injury. Which of the following clinical findings would not be expected with this type of injury?

A. Diminished sensation on the anterior arm and the index finger

B. Weakness in the biceps and supinator

C. Diminished brachioradialis reflex

D. Paresthesias of the long and ring fingers

Ans . D Paresthesias of the long and ring fingers

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Q. 23. A therapist is concerned about the possibility of a patient developing a deep vein thrombosis following surgery. Which of the following special test would be useful to identify the presence of a deep vein thrombosis?

A. Bunnel-Littler test

B. Homans' sign

C. Kleiger test

D. Froment's sign

Ans . C. Kleiger test

Q. 24. A patient recovering into the hospital from a total knee replacement is examined by a physical therapist. Assuming an uncomplicated recovery, now much knee range of motion is realistic prior to discharge?

A. 0-60 degrees

B. 0-90 degrees

C. 15-90 degrees

D. 15-105 degrees

Ans . B. 0-90 degrees

Q. 25. A therapist examines a 40 year old female diagnosed with rheumatoid arthritis. Which clinical finding is not characteristic of rheumatoid arthritis?

A. Ulnar deviation of the fingers

B. Swan neck deformity

C. Boutonniere deformity

D. Heberden's nodes

Ans . D. Heberden's nodes

Q. 26. While examining a patient diagnosed with Achilles tendonitis, a therapist, notes that the foot appears to be pronated in standing. Which motions combine to create pronation?

A. Abduction, dorsiflexion, eversion

B. Adduction, dorsiflexion, inversion

C. Abduction, plantar flexion eversion

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D. Adduction, plantar flexion inversion

Ans . A. Abduction, dorsiflexion, eversion

Q. 27. A patient status post motor vehicle accident is treated using skeletal traction. What bone when fractured is often associated with this type of traction?

A. Femur

B. Humerus

C. Tibia

D. Fibula

Ans . A. Femur

Q. 28. A therapist examines a patient with bicipital tendonitis. Which clinical finding would you not expect the therapist to identify when examining the patient?

A. Isometric resistance to the biceps brachii increases subjective pain levels

B. Referred pain in the c7-c8 dermatome

C. A painful arc is noted with active range of motion of the involved shoulder

D. Tenderness to palpation over the bicipital tendon

Ans . B. Referred pain in the c7-c8 dermatome

Q. 29. A therapist examines a patient two days status post total hip replacement using a posterolateral approach. The patient is in bed with a sling-pulley system. Which exercise would be inappropriate for the patient assuming an uncomplicated postoperative course?

A. Active-assistive abduction and adduction with the thigh supported in the sling

B. Active knee flexion and extension in the suspension ling

C. Active exercise to the upper extremities

D. Bilateral ankle pumps

Ans . A. Active-assistive abduction and adduction with the thigh supported in the sling

Q. 30. A 25 year old male is diagnosed with a first degree acromioclavicular sprain. The injury occurred two days ago after being checked into the boards while playing hockey. Which of the following would you not expect to be true during the initial examination?

A. Increased elevation of the clavicular end of the acromion

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B. Inability to bring the arm completely across the chest

C. Inability to fully abduct the arm throughout the full range of motion

D. Point tenderness on palpation of the injury site

Ans . A. Increased elevation of the clavicular end of the acromion

Q. 31. A therapist prepares a sterile field for wound debridement. Which of the following methods would be? unacceptable when removing an object from the sterile field?

A. Using a sterile towel

B. Using sterile gloves

C. Using a bare hand after a thorough scrubbing

D. Using a sterile gauze pad

Ans . C. Using a bare hand after a thorough scrubbing

Q. 32. A patient two days status post- cardiac surgery complains of soreness in her right calf. Which of the following
actions would be the most appropriate?

A. Gently massage the calf

B. Notify the patient's nurse of the symptoms

C. Assess the patient's dorsal pedal pulse

D. Have the patient ambulate and reassess the calf

Ans . B. Notify the patient's nurse of the symptoms

Q. 33. In neuropraxia of peripheral nerve:

A. The wallerian degeneration occurs in 3 days

B. No wallerian degeneration takes place

C. The degenerative changes are completed in 21 days

D. None of the above

Ans . B. No wallerian degeneration takes place

Q. 34. Onset of articular changes in rheumatic arthritis is seen in:

A. Synovial membrane

B. Articular cartilage

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C. Capsule

D. Subchondral bone

Ans . A. Synovial membrane

Q. 35. Osteomalacia is caused by the deficiency of:

A. Vitamin B

B. Vitamin D

C. Vitamin A

D. Vitamin E

Ans . B. Vitamin D

Q. 36. The 4th cranial nerve is named as:

A. Hypoglossal (motor)

B. Olfactory (sensory)

C. Trochlear (motor)

D. Vagus (mixed)

Ans . C. Trochlear (motor)

Q. 37. Synovial fluid analysis of rheumatoid joints reveals:

A. High complement level

B. High protein level

C. Low protein level

D. Low complement level

Ans . B. High protein level

Q. 38. Anterior interosseous nerve is a branch of which nerve?

A. Radial nerve

B. Ulnar nerve

C. Median nerve

D. Musculocutaneous nerve

Ans . C. Median nerve

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Q. **39. The characteristic attitude of limbs in posterior dislocation of hip is:**

A. Flexion, adduction and internal rotation with significant shortening of limb

B. Flexion, abduction and external rotation with lengthening of limb

C. Flexion, abduction and external rotation with shortening of limb

D. None of these

Ans . A. Flexion, adduction and internal rotation with significant shortening of limb

Q. 40. The cruciate ligament instability is determined best by:

A. Anterior drawer test

B. Lachman test

C. Pivot shift test

D. Extension recurvatum test

Ans . B. Lachman test

Q. 41. The advantages of Lachman test over anterior drawer test are all except:

A. Eliminates posterior meniscus pain

B. Knee is examined within comfortable range and hamstrings do not block motion

C. Rotatory instability can eliminated

D. Difficult to perform

Ans . C. Rotatory instability can eliminated

Q. 42. A lesion in pyramidal tract causes:

A. Spasticity in the muscles involved

B. Rigidity in the muscles involved

C. Athetosis in the muscles involved

D. Flaccidity in the muscles involved

Ans . A. Spasticity in the muscles involved

Q. 43. Piriformis syndrome is caused by piriformis muscle that compresses:

A. Gluteal nerve

B. Femoral nerve

C. Sciatic nerve

D. Obturator nerve

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Ans . C. Sciatic nerve

Q.44. In cerebral palsy the intelligence quotient is:

A. Always very low

B. Always borderline

C. May/may not be normal

D. Always exceptionally high

Ans . C. May/may not be normal

Q.45. Liver is the largest gland in the body weighting about:

A. 5 gms in adult

B. 500 gms in adult

C. 50 gms in adult

D. 5000 gms in adult

Ans . B. 500 gms in adult

Q. 46. Exercise causes heart rate to increase in linearity with increase in the physical effort. Maximum heart rate that can be attained during exercise is:

A. 72 + 1/2 the age (in years)

B. 100 – 1/4 the age (in years)

C. 220 – age (in years)

D. 220 + 1/4 of the age (in years)

Ans . C. 220 – age (in years)

Q.47. The three main orifices in diaphragm:

A. Aortic, esophageal and vena caval

B. Ureter, splenic and aortic

C. Esophageal, pulmonary and circulatory

D. Phrenic, aortic and renal

Ans . A. Aortic, esophageal and vena caval

Q. 48. The artificial limb prosthesis is most satisfactory in which of the following amputations:

A. Below knee

B. Mid thigh

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C. Hip disarticulation

D. Mid arm

Ans . A. Below knee

Q. 49. A joint least likely to develop recurrent dislocation:

A. Patella

B. Shoulder

C. Hip

D. Knee

Ans . C. Hip

Q.50 . Muscle hernia's occur most frequently in:

A. Leg

B. Thigh

C. Lumber region

D. Thoracic region

Ans . D. Thoracic region

Q.51 The largest bone in the human body is:

A. Tibia

B. Femur

C. Fibula

D. Humerus

Ans. B. Femur

Q.52 Which nerve is commonly injured in wrist drop?

A. Median nerve

B. Radial nerve

C. Ulnar nerve

D. Axillary nerve

Ans. B. Radial nerve

Q.53 The prime mover of shoulder abduction from 15° to 90° is:

A. Deltoid

B. Supraspinatus

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C. Latissimus dorsi

D. Teres major

Ans. A. Deltoid

Q.54 Normal resting heart rate in adults is:

A. 30–50 bpm

B. 60–100 bpm

C. 110–130 bpm

D. 140–160 bpm

Ans. B. 60–100 bpm

Q.55 Which chamber pumps oxygenated blood into the systemic circulation?

A. Right atrium

B. Right ventricle

C. Left atrium

D. Left ventricle

Ans. D. Left ventricle

Q.56 The functional unit of the kidney is:

A. Alveolus

B. Neuron

C. Nephron

D. Osteon

Ans. C. Nephron

Q.57 Which muscle performs plantar flexion?

A. Tibialis anterior

B. Gastrocnemius

C. Tibialis posterior

D. Extensor hallucis longus

Ans. B. Gastrocnemius

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Q.58 The SI unit of force is:

A. Joule

B. Newton

C. Watt

D. Pascal

Ans. B. Newton

Q.59. A first-class lever in the body is:

A. Elbow flexion

B. Atlanto-occipital joint

C. Ankle plantar flexion

D. Finger flexion

Ans. B. Atlanto-occipital joint

Q.60 The normal lumbar lordosis develops due to:

A. Sitting

B. Standing and walking

C. Crawling

D. Birth

Ans. B. Standing and walking

Q.61. Which exercise improves muscle strength?

A. Passive ROM

B. Isometric exercise

C. Massage

D. Stretching only

Ans. B. Isometric exercise

Q.62. The FITT principle stands for:

A. Frequency, Intensity, Time, Type

B. Flexibility, Intensity, Timing, Therapy

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C. Force, Interval, Tension, Training

D. Frequency, Interval, Technique, Therapy

Ans. A. Frequency, Intensity, Time, Type

Q.63. Which modality produces deep heating?

A. Hot pack

B. Infrared radiation

C. Shortwave diathermy

D. Ice massage

Ans. C. Shortwave diathermy

Q.64. TENS is mainly used for:

A. Bone healing

B. Pain relief

C. Muscle hypertrophy

D. Edema formation

Ans. B. Pain relief

Q.65. Faradic current is primarily used for:

A. Denervated muscle

B. Innervated muscle stimulation

C. Bone healing

D. Wound debridement

Ans. B. Innervated muscle stimulation

Q.66. Osteoarthritis primarily affects:

A. Synovial membrane only

B. Articular cartilage

C. Tendons

D. Ligaments only

Ans. B. Articular cartilage

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Q.67. Rheumatoid arthritis is:

A. Degenerative disease

B. Autoimmune disease

C. Infectious disease

D. Congenital disease

Ans. B. Autoimmune disease

Q.68. Which vitamin deficiency causes rickets?

A. Vitamin A

B. Vitamin C

C. Vitamin D

D. Vitamin K

Ans. C. Vitamin D

Q.69. The most common fracture of the elderly is:

A. Clavicle

B. Neck of femur

C. Radius shaft

D. Ulna

Ans. B. Neck of femur

Q.70. McMurray test is used to assess:

A. ACL injury

B. Meniscal injury

C. PCL injury

D. MCL injury

Ans. B. Meniscal injury

Q.71. Lachman test evaluates:

A. PCL

B. ACL

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C. MCL

D. LCL

Ans. B. ACL

Q.72. Foot drop commonly results from injury to:

A. Tibial nerve

B. Common peroneal nerve

C. Femoral nerve

D. Obturator nerve

Ans. B. Common peroneal nerve

Q.73. The Glasgow Coma Scale assesses:

A. Balance

B. Consciousness

C. Pain

D. Reflexes

Ans. B. Consciousness

Q.74. Parkinson's disease is characterized by:

A. Flaccidity

B. Rigidity

C. Hyporeflexia

D. Muscle wasting

Ans. B. Rigidity

Q.75. Babinski sign indicates:

A. LMN lesion

B. UMN lesion

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C. Peripheral neuropathy

D. Myopathy

Ans. B. UMN lesion

Q.76. Which cranial nerve supplies facial muscles?

A. V

B. VII

C. IX

D. X

Ans. B. VII

Q.77. COPD primarily affects:

A. Kidneys

B. Lungs

C. Liver

D. Heart

Ans. B. Lungs

Q.78. Incentive spirometry is used to:

A. Increase blood pressure

B. Improve lung expansion

C. Strengthen quadriceps

D. Reduce edema

Ans. B. Improve lung expansion

Q.79. Huffing is indicated for:

A. Joint mobilization

B. Airway clearance

C. Muscle strengthening

D. Stretching

Ans. B. Airway clearance

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Q.80. Normal oxygen saturation is approximately:

A. 70–80%

B. 80–90%

C. 95–100%

D. 50–60%

Ans. C. 95–100%

Q.81. Maitland mobilization Grade I is used primarily for:

A. Increasing joint range

B. Pain reduction

C. Strengthening muscles

D. Balance training

Ans. B. Pain reduction

Q.82. Kaltenborn Grade III traction aims to:

A. Reduce pain only

B. Increase joint mobility

C. Produce muscle contraction

D. Improve endurance

Ans. B. Increase joint mobility

Q.83. Manipulation is generally characterized by:

A. Slow oscillations

B. High-velocity low-amplitude thrust

C. Passive stretching only

D. Active resisted movement

Ans. B. High-velocity low-amplitude thrust

Q.84. Contraindication for spinal manipulation includes:

A. Mechanical back pain

B. Osteoporosis with fracture risk

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C. Mild stiffness

D. Muscle tightness

Ans. B. Osteoporosis with fracture risk

Q.85. Muscle spindle responds to:

A. Temperature

B. Stretch

C. Pressure

D. Vibration only

Ans. B. Stretch

Q.86. Golgi tendon organ responds primarily to:

A. Light touch

B. Muscle tension

C. Pain

D. Temperature

Ans. B. Muscle tension

Q.87. Which gait is seen in gluteus medius weakness?

A. Ataxic gait

B. Trendelenburg gait

C. Scissor gait

D. Steppage gait

Ans. B. Trendelenburg gait

Q.88. Which muscle is known as the "workhorse of respiration"?

A. External intercostals

B. Diaphragm

C. Sternocleidomastoid

D. Scalenes

Ans. B. Diaphragm

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Q.89. The carrying angle is measured at the:

A. Shoulder

B. Elbow

C. Wrist

D. Hip

Ans. B. Elbow

Q.90. The normal adult respiratory rate is:

A. 4–8/min

B. 12–20/min

C. 24–30/min

D. 30–40/min

Ans. B. 12–20/min

Q.91. Which muscle is primarily responsible for knee extension?

A. Hamstrings

B. Quadriceps femoris

C. Gastrocnemius

D. Sartorius

Ans. B. Quadriceps femoris

Q.92. Which ligament prevents anterior translation of the tibia?

A. PCL

B. ACL

C. MCL

D. LCL

Ans. B. ACL

Q.93. Bone cells responsible for bone formation are:

A. Osteoclasts

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B. Osteoblasts

C. Chondrocytes

D. Fibroblasts

Ans. B. Osteoblasts

Q.94. The main neurotransmitter at the neuromuscular junction is:

A. Dopamine

B. Acetylcholine

C. Serotonin

D. GABA

Ans. B. Acetylcholine

Q.95. Bell's palsy affects which cranial nerve?

A. III

B. V

C. VII

D. XII

Ans. C. VII

Q.96. The normal pH of arterial blood is:

A. 6.8–7.0

B. 7.35–7.45

C. 7.8–8.2

D. 6.5–6.8

Ans. B. 7.35–7.45

Q.97. Which exercise improves cardiovascular endurance?

A. Static stretching

B. Walking

C. Passive ROM

D. Joint mobilization

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Ans. B. Walking

Q.98. Which modality is contraindicated over a pacemaker?

A. Ultrasound

B. TENS

C. Cryotherapy

D. Wax therapy

Ans. B. TENS

Q.99. The most common cause of stroke is:

A. Brain tumor

B. Cerebral ischemia

C. Meningitis

D. Epilepsy

Ans. B. Cerebral ischemia

Q.100. Evidence-Based Physiotherapy integrates:

A. Clinical experience only

B. Research evidence, clinical expertise, and patient values

C. Textbook knowledge only

D. Patient preference only

Ans. B. Research evidence, clinical expertise, and patient values

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